HIGH SCHOOL ACTIVITIES...

- Find and nurture the best effort in each participant
- Encourage students to stay in school and become better citizens
- Provide healthy lifestyle instruction
- Challenge racism, sexism and classism through the pursuit of teamwork and school spirit
- Demand respect for fair play and appreciation for procedures and rules

“We have fundamental, empirical evidence that interscholastic activities are a way in which to create healthy and successful citizens,”

- Robert B. Gardner
  Executive Director, The National Federation of State High School Associations