



Covenant High School Athletic Handbook



2006 - 2007

School Colors Green, Gold, and White Mascot Spartans

A.T.T.I.T.U.D.E

- ✦ **A** -always making today your best day
- ✦ **T** -taking pride in a job well done
- ✦ **T** -Treating others with respect
- ✦ **I** -isolating your negative thoughts
- ✦ **T** -treating every new challenge as an opportunity
- ✦ **U** -utilizing your talents each day
- ✦ **D** -Doing the job right the first time
- ✦ **E** -Expecting positive outcomes daily

The Champion's Creed

- ✦ Never underestimate your opponent.
- ✦ Work on your weaknesses until they become your strong points.
- ✦ Remember that a great effort is usually the result of a great attitude.
- ✦ Dedicate yourself to a mighty purpose.
- ✦ Win with humility, lose with grace.
- ✦ Ignore those who discourage you.
- ✦ Work to improve your moral and spiritual strengths as well as your physical ones.
- ✦ Remember that how you conduct yourself off the field is just as important as how you conduct yourself on the field.
- ✦ Talent is God-given – be humble, Fame is man-given – be thankful, Conceit is self-given – be careful.
- ✦ Don't ask to be deprived of tension and discipline – these are the tools that shape success.
- ✦ Do what has to be done, when it has to be done, and as well as it can be done.
- ✦ Remember that when you're not working to improve, your competition is.
- ✦ Always give your best.
- ✦ Practice like a champion.
- ✦ Play like a champion.