

# ERHSVb CREED

I BELIEVE IN THE UNIQUE EXPERIENCE OF A TEAM...

I BELIEVE I am an integral part of the team.

I BELIEVE I am a student first and an athlete second..

I CHOOSE to live by the ERHSVb values.

Courage

Integrity

Character

Commitment

Respect

Loyalty

Honor

I WILL handle success with humility.

I WILL handle defeat with dignity.

I WILL put the team before me.

I WILL be disciplined.

I WILL be physically and mentally prepared.

I WILL train to be the best at my role.

I WILL represent my family, my team, my school, my community with pride.

FOR A BRIEF MOMENT IN OUR LIVES, TOGETHER WE  
BECOME  
ONE HEARTBEAT.

# ERHSVb VALUES

## **COURAGE**

**Choose to be exceptional; face fear and adversity.**

## **INTEGRITY**

**Do what is right, legally and morally.**

## **CHARACTER**

**Moral excellence and firmness.**

## **COMMITMENT**

**An obligation of self-sacrifice and self-discipline for the well being of the team, school, and community.**

## **RESPECT**

**Inspire, encourage, support, and kindness.**

## **LOYALTY**

**Allegiance to the Elk River Creed, our team and our school.**

## **HONOR**

**Live up to the Elk River Values.**

**If you are ever in a situation that threatens these core values, that compromises what you believe...**

***If you need help removing yourself from the situation....  
Help is a phone call away.  
~Coach***