



## **The Phoenix Spirit**

### **Athlete**



#### **PLAY STRONG**

- Work consistently hard in training and in competition to maximise your full potential
- Give your maximum for your team and make the personal sacrifices necessary to help your team achieve its goals
- Aim to ensure that adversity just makes you come back stronger



#### **PLAY FAIR**

- Always play by the rules of your chosen sport and be a role model for honest and principled behaviour both on and off the field of play
- Treat all players in your sport respectfully. If faced with others who act less so, remain calm and let your performance do the talking
- Treat officials with respect. If you disagree with a decision inform your coach and do not allow it to affect your performance



#### **PLAY SMART**

- Keep in mind that sport should be fun and the people you meet through sport will make a great impact your life
- Take ownership of your sport, make your own choices, set your own goals and take responsibility for your own performance
- Seek out advice, think creatively and be self critical in order to best understand how to maximise your potential and realise your dreams



#### **PLAY TO UNITE**

- Work, communicate and collaborate positively with your teammates and your coach
- Display modesty in victory and graciousness in defeat
- Applaud good performances and thank officials and the opposition at the end of a competition



#### **PLAY TO SERVE**

- Act as a positive ambassador for UWCSEA and serve as a role model to inspire young athletes
- Take opportunities to uplift and provide service to others through UWCSEA sports coaching and community service programmes