

Play hard but not dirty.

Play the game, don't quit and don't complain. Then if you win it, it is well worth while. If you lose, you know that you have done the best you could and the better team has won.

If you can't be a Hiway, then just be a trail.
If you can't be a sun, be a star.
It isn't by size that you win or fail.
Be the best of whatever you are.

Garments of righteousness never go out of style.

Teach a normal boy 'form' and develop his 'fighting heart' and he will make a successful athlete.

PEP - PURPOSE - ENTHUSIASM - PERSEVERANCE.