

SACRIFICE

Sacrifice - the act of giving up something that you want to keep especially in order to get or do something else or to help the team

I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion.

- Mia Hamm

SELF REFLECTION CHALLENGE

What are some of the things you have sacrificed for the team?

Choose one person on the team who continuously displays sacrifice for team.

Choose one person on your team who goes out of their way for others and makes the team members feel good about themselves.

What do you think is the result of having team members who are not willing to sacrifice for the sake of the team?

If you were not chosen by your teammates as someone who displays sacrifice, what can YOU do to demonstrate to your teammates your willingness to sacrifice for the team?



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You

