

He worked out early, practiced late,
and then studied deep into the night.

The next day, he did it all over again.

He knew the extra effort he made
being a student-athlete today...



...would help him do even bigger things in life tomorrow.



High school sports:
A winning part of a complete education.

This message brought to you by the Alberta Schools' Athletic Association, the
Canadian Interscholastic Athletic Administrators Association and School Sport Canada.

