



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 presented by the **National Federation of State High School Associations** and the  
**National Interscholastic Athletic Administrators Association.***

