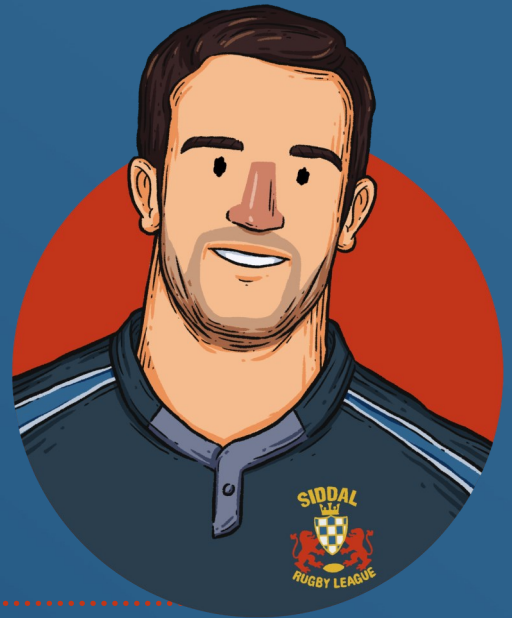


SMUDGER'S TOP TIPS



- 1** **RESPECT everyone** - opposition, team mates, coaches & referees
- 2** Work hard and be the best you can be. **NEVER give up**
- 3** Bring a great **ATTITUDE**
- 4** Have **FUN** and **ENJOY!**
- 5** Be a good **TEAM MATE**
- 6** **100% EFFORT** 100% of the time
- 7** **BELIEVE in yourself** and your team mates
- 8** Be **GRACIOUS** in both winning and losing
- 9** Be **SMART** (clean your boots!) and be on time
- 10** Be a good **ROLE MODEL** so others look up to you in the future

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