



FOR HIS GLORY

WHY 4HG?

- ✦ Sports are good. Kids who play ...
 - score up to 40% higher on tests
 - are 15% more likely to go to college
 - are less likely to be sexually active, use drugs or suffer from depression
 - have a lower risk of obesity and better overall fitness
 - develop lifelong values and important character traits
 - create memories that will last a lifetime
- ✦ 4HG encourages kids to play all sports rather than focus on just one. We want kids to have fun, improve their skills, do their best and keep competition in perspective.
- ✦ Parents and coaches define the sports experience for young athletes. They are responsible for helping kids achieve the goals of having fun, getting better at athletics, realizing the good in sports, and keeping a Christian focus during practice and play.
- ✦ 4HG is a movement to create a healthy sports culture in our Catholic schools. The movement is supported by Matt Birk, Lou Holtz, Joe Mauer and many others who have realized successful careers in sports.
- ✦ 4HG will equip schools, coaches and parents with a kit containing videos, posters, the 4HG code of conduct for players and coaches, the 4HG prayer, wearable reminders and other supportive tools to reinforce the significance of participating in sports **For His Glory**.
- ✦ There is still more to come! Additional information can be found on the 4HG website at www.4HG.co.