



Dear Parent,

I am excited to share with you information about a new program in our school: **4HG - For His Glory!** 4HG is a movement to create a healthy sports culture in Catholic schools. We believe athletics, when done right, serve as an invaluable tool for developing well-rounded children.

In grade school, students should be encouraged to play all sports. 4HG will equip coaches to ensure kids have fun and get better while keeping a Christian focus. Effort and teamwork are valued above talent and results. 4HG reinforces that the family is central and sports should fit around the family, not vice versa. 4HG programs will be a viable alternative to expensive and time-consuming traveling leagues. 4HG will aid us in the mission of cultivating excellence within our students. The 4HG program will boost the visibility of our school and be an asset in growing enrollment.

Sports are good. Kids who play sports score up to 40% higher on tests and are 15% more likely to go to college. They are less likely to be sexually active, use drugs or suffer from depression. Student-athletes have a lower risk of obesity and better overall fitness. They develop lifelong values and important character traits, all while creating memories that will last a lifetime. If your child has indicated an interest in sports but hesitated joining a team, this program will encourage him or her to play for the right reasons.

Through 4HG, our student-athletes will commit to following the 4HG Student Code of Conduct. They will be given wearables as reminders of their pledge to do their best, regardless of the outcome. Most of all, they will learn principles and virtues that will guide them toward the true purpose of athletics, using their God-given talents to participate with gratitude, grit, bravery, teamwork and humility, while always playing For His Glory. To learn more about 4HG, please visit www.4HG.co.

I hope you are as excited as I am about this wonderful addition to our sports program! In the coming days, I encourage you to visit the 4HG website, review the 4HG Credo Card, pledge to abide by the Parent Creed and engage in conversation with your child about what he or she is learning through 4HG. Once you do, I think you'll agree: When sports are used For His Glory, our kids will embrace The Good in Sports!

In Christ's Name,