

TO RECLAIM CATHOLIC SCHOOL YOUTH  
SPORTS FOR THEIR RIGHTFUL PURPOSE ...



FOR HIS GLORY

[www.4hg.co](http://www.4hg.co)



“Challenge yourself  
in the *game of life*,  
as you do in the  
*game of sport.*”

—POPE FRANCIS



## WHAT IS 4HG?

4HG is a movement to create a healthy sports culture in our 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 principals in the mission of cultivating excellence within their students. The 4HG program will boost the visibility of Catholic schools and be an asset in growing enrollment.

When sports are used For His Glory, our kids will embrace The Good in Sports.



“I know who made me  
and I know what He  
expects me to be.”

—MATT BIRK  
NFL CENTER



## WHY 4HG?

Sports are good. Kids who play ...

- + advance further academically, scoring up to 40% higher on tests
- + are 15% more likely to go to college and get degrees
- + 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 to last a lifetime

## 4HG CREED

As a 4HG parent,

- + I believe in modeling character.
- + I believe in praising the effort, not the results.
- + I believe in letting the coach, coach.
- + I believe sports are good for the overall development of kids.
- + I believe in finding the enjoyment in watching kids play and having fun!

As a 4HG coach,

- + I believe I have a great opportunity to impact kids.
- + I believe I will largely define my players' experience.
- + I believe in kids having fun while working hard to get better.
- + I believe in striving to develop a personal relationship with each of my players.
- + I believe in competing to win, but know that the final score is not what is most important.



“It’s not about who is best. It’s about doing my best.”

—LAUREN LAWLER  
UNIVERSITY OF NEBRASKA



### 4HG CODE OF CONDUCT

As a 4HG student-athlete, I commit to:

- ✦ Have an attitude of **GRATITUDE**.
- ✦ Possess the **GRIT** necessary to stay the course.
- ✦ Choose to exhibit **BRAVERY**.
- ✦ Play with **TEAMWORK** as a driving force.
- ✦ Act from a position of **HUMILITY**.

FOR HIS GLORY



“Baseball is not who I am. It’s what I do.”

—JOE MAUER  
MINNESOTA TWINS



### 4HG ATHLETE PRAYER

My Jesus,  
I play for Your glory.  
Win or lose, may I always  
do my best and remember  
that my worth is always  
found in You.  
Holy Spirit, play through me.  
Amen



FOR HIS GLORY

TO JOIN THE MOVEMENT, VISIT  
[WWW.4HG.CO](http://WWW.4HG.CO)

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