

# **WHAT DO COMPETITORS DO?**

**Competitors compete when others give up**

**Competitors get past mad, sad and hard**

**Competitors won't change based on the score**

**Competitors give honest, maximum effort at all  
times**

**Competitors give the best of himself or herself  
until they finish**

**A competitor looks forward to tomorrow and the  
next competition**

**Competitors do not distinguish between venues;  
no matter the setting, it is a competition**