

Helped an athlete who fell	Said something nice about an opponent	Thanked their parents	Acknowledged what they could have done better	Thanked their coach
Congratulated a competitor who won	High-fived a teammate	Patted a teammate on the back	Shook hands with a competitor	Fell down, got back up, continued competing
Cheered on their team	Coach gave a pep talk	FREE	Accepted defeat with dignity	Said something nice about a teammate
Took direction from their coach	Showed a high level of energy	Said they were proud of how they performed	Followed all the rules of the sport	Demonstrated proper conduct
Waved at the camera	Accepted judges' scores calmly	Demonstrated "winning with class"	Acknowledged one of their heroes	Arrived on time with all the proper equipment





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