

# 5 RESPECTS

## SABERS FITNESS FLOOR

### RESPECT FOR SELF

- Be safe.
- Be intelligent.
- Be efficient.

### RESPECT FOR OTHERS

- Be careful.
- Be tidy.
- Be quiet.
- Be modest.

### RESPECT FOR LEARNING

- Study weightlifting.
- Practice weightlifting.

### RESPECT FOR LEADERSHIP

- Follow rules.
- Obey teachers.

### RESPECT FOR ENVIRONMENT

- No food.
- No drinks other than water, tea, sports drinks.
- Clean up: trash, spilled drink.

# SABERS STRONG