

God,

Let me play well but fairly,

Help me to learn something that matters once the game is over.

Let competition make me strong but never hostile.

Always let me help my opponent up.

Never catch me rejoicing in the adversity of others.

If I know victory, allow me to be happy;

if I am denied, keep me from envy.

Remind me that sports are just games.

If through athletics I set an example,

let it be a good one.

Amen.