

10-20-30

Project

The 10-20-30 Project is all about realizing that sport doesn't end when the game does. You're part of something bigger — a sport and a community that helped you get here. This program gets you thinking about how you can give back to both, not just now, but 10, 20, and 30 years from now.

10 Years from now:	My Sport:
10 Years from now:	My Community:
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30 Years from now:	My Community:

CTRL-F

C-Compete

T-Teamwork

R-Respect

L-Leadership

F-Fun

Competing: Give your best. It's not about the outcome—it's about effort. Learn from failure, push yourself, and never "mail it in."

Teamwork: Every player has a role. Strong teams trust, support, and agree on shared goals.

Respect: For yourself, your teammates, your coaches, and your opponents. Respect is shown through words, actions, and how we handle wins and losses.

Leadership: Not just captains lead. All athletes can lead by example, mentor teammates, and live the values.

Fun: Joy fuels effort and builds connection. When you love what you do, you give more and grow more.



EDGE SCHOOL