



2009-10

**FHSAA™**

**GIRLS WEIGHTLIFTING MANUAL**

GIRLS WEIGHTLIFTING



*Building leaders through teamwork, sportsmanship and citizenship.*

# **SPORTSMANSHIP**

**IS HAVING PRIDE IN  
YOUR SCHOOL,  
YOUR TEAM  
AND YOURSELF.**

# **SPORTSMANSHIP**

**IS RESPECT FOR THE GAME  
AND THOSE WHO PLAY IT.**

**THE FHSAA REMINDS  
YOU TO TAKE ON THE  
RESPONSIBILITY OF  
SPORTSMANSHIP.**



**SPORTSMANSHIP**  
**PLAY STRONG. PLAY HARD. PLAY FAIR.**

# FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION

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