

FO1 Principles and Beliefs



FO1 Principles

1. We believe in putting **God** first, then **work**, then **play**, in that order.
2. We stand for student athletes having the freedom to participate how they choose to participate.
3. We believe that there are five (5) basic influences in live and we aim to have a positive impact in each of these influences.

Spiritual Physical Mental Social Financial

4. We believe that **Behaviors + Attitudes = Results**
5. We believe that you must **Do Work** or put into action, plans to understand and grow in the 5 influences.
6. Members are from ages 6-18.
7. We believe that we **all are one** and will return to the **One**.