[Insert Club Logo]

**MEDIA RELEASE**

[Insert Date]

**Always give it your best on and off the field**

#BringYourBest

[INSERT CLUB NAME] wants to remind parents and kids that bringing your best is an important part of being part of a team.

As a True Sport, bringing your best means that no matter the result of a game or training, you finish knowing you did your best.

“We have happy, healthy children in our junior clubs who we know love training and playing weekend games,” says [INSERT CLUB NAME AND SPOKESPERSON].

“We want them to bring their best when they are part of the club. That means that they bring their best to training and games and whether they win, lose or draw, they do it with good sportsmanship.”

Bring Your Best is one of the values of being a True Sport.

[INSERT SPOKESPERSON] said the club wanted to instill positive experiences in their members around playing sport so they keep playing into their adult years.

[INSERT SPOKESPERSON] reminds everyone that club sport does not happen without the dedicated volunteers who are wonderfully supported by our State Sporting Association which does a lot of work in making sure competitors and spectators understand how to behave on and off the field.

Sport and active recreation not only has valuable physical benefits but is great for mental, emotional, academic and social health.

The [INSERT CLUB NAME] are a True Sport club. True Sport is a campaign that supports local sporting clubs, associations and community groups to use eight values to share the benefits of sport and recreation to our whole community because we believe the way we play together shapes the way we live together. The eight values of True Sport are: Bring your best, Have fun, Give back, Play fair, Be healthy, Include one and all, Show respect and Be safe.

Find out more about True Sport [www.dsr.wa.gov.au/truesport](http://www.dsr.wa.gov.au/truesport) or on social media @truesportwa

[INSERT CLUB CONTACT DETAILS]