



QUINCY ATHLETIC DEPARTMENT VALUES



INTEGRITY - We always believe in the highest standards of ethics and morals and take ownership for doing the right thing as we display the highest level of sportsmanship.



PERSEVERANCE – We believe we practice and play to our highest ability and are committed to giving our best effort in academics, practices and competition



RESPECT - We demonstrate our respect of our sport, respect of our teammates and coaches and respect competing for our school and community.

