

HONOUR AND DIGNITY

Like the fastest of the winds
I shall soar in every sport
As the toughest of all diamonds
I will seek the purest form
And I'll give to my own gaze
the serenity to roam
So I can look the world in the eyes
with Honour and Dignity

With respect and with passion
until it's over, I will fight
And with trust and loyal spirit
certain glory I shall find
And I'll hold within my heart
all the freedom that I have
So I can look the world in the eyes
with Honour and Dignity

Winning every challenge
without ever cheating
Winning over time
without getting hurt
Or else, earning victory
wouldn't mean that much
Whilst competing, and throughout our lives
without Honour and Dignity