

This Year, We Sweat  
By Coach Corrigan

This year, we sweat  
we ran, we flexed  
we played, we climbed  
we rolled, we tried.  
We push-uped and pull-uped and sit-uped, Oh My!

We worked together:  
Teamwork.  
Our teams lost and won  
That's how games work.  
Sportmanship  
is where its at.  
Good times with friends  
we aim for that.

I pledge allegiance to my heart  
I'll eat healthy because I'm smart.  
I'll fill my plate with vegetables  
sugars and fats, I'll eat less of those.  
My heart needs lots of exercise.  
It pumps fast when I swimercise  
and when I jump rope and when I run.  
Ooooo riding bike is so much fun!  
Too live a long and play-filled life  
to my heart, I promise, I'll do things right.

This year we learned  
a lot at school  
words and numbers,  
forefathers, foremothers.  
How things work, that's science you see,  
played music and painted, an expression of me.  
But not all we did has been said  
This year, you see, we also sweat.