



Sport at the Service of Humanity

Socktober builds on the Pope's recent initiative: "Sport at the Service of Humanity". We invite schools to participate in Socktober in the spirit of the movement's guiding principles.

Compassion – Use the power of sport, in our case, soccer to help others. Share the benefits of sport to empower those who are poor or disadvantaged, by challenging our students to participate in Socktober.

Respect – Use sport to build trust and understanding. Respect your opponents. Through sport understand them and their culture more deeply. Make a 'Sockball' to understand how children in developing countries are the same as us – they just want to play. Condemn violence in sport – on and off the field.

Love – Sport is for all. Do all you can to help everyone take part in sport. Do all you can to enable all can compete on equal terms - for example, in some countries of the world, girls are not allowed to play soccer.

Enlightenment – Sport has the power to transform lives and build character. Learn graciousness in victory and perspective in defeat. Apply the values you learn in sport to help you excel in life.

Balance – Sport has the power to help us make the most of ourselves – so play it in the knowledge that it can revitalise you physically, mentally, emotionally and spiritually.

Joy – Sport, above all, is about enjoyment – remember, there is more to sport than winning, but when you compete, be and do the best you can, always.

