



**SAINT FRANCIS HIGH SCHOOL**

A Holy Cross school educating hearts and minds to serve the world

## **Boys Cross Country**

*A Commitment to Excellence*

### **Prior “Quotes of the Week”**

08/21/06

*“Success is not being better than another man but is being better than your previous self.”*

– Hindu Proverb

*“To give anything less than your best is to sacrifice the gift.”*

– Steve Prefontaine, America’s Greatest Distance Runner.