

I Can (0:30)

I love playing sports, especially for my school, and that's because school sports are special. It's where it's safe to fail and it's where we talk resilience, where our fear becomes confident. It's where we learn to get back up after every fall. School sports are where 7.8 million students go from "I can't" to "I can".

This message presented by the SDHSAA and the South Dakota Interscholastic Athletic Administrators Association.