

What is Strength? (:30)

How do you define strength? Is it physical? Or is it mental? Maybe it's both. Maybe it's whatever empowers a person to dig deeper, to fight harder, and to overcome obstacles that once seemed insurmountable. Discover how much stronger and more confident your children can be. Encourage them to participate in a sport when they go to high school.

This message presented by the South Dakota High School Activities Association and the South Dakota Interscholastic Athletic Administrators Association.