



**W**e are in the midst of the summer practice season... feel the heat!

On Tuesday, July 12<sup>th</sup>, the East Side Colts will hold a FUN DAY and Raffle! We will not hold practice on July 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> due to the holiday.

The doctor will be here on July 31<sup>st</sup> to perform physicals. Remember to pay your \$95 registration fee to make the team. **FIRST COME, FIRST SERVED!**

Remember your lesson from the last newsletter: **SELF DISCIPLINE**. This month we will focus on **HONESTY**.

If you have any questions or need to talk, call Coach Nick – 443-760-1667.

## **LESSON FOR JULY**

Let's learn about...

### **HONESTY!**

What is **HONESTY**?

Honesty is speaking the truth and acting truthfully.

Children who are **HONEST**:

- don't say things about people that aren't true. You are not being honest if you make up rumors about someone.
- admit to your actions, even if you'll get in trouble. You are not being honest if deny you did something wrong when you really did it.
- explain how a situation really happened. You are not being honest if you say something happened one way when it really happened another way.

Why is **HONESTY** important?

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