

## **The Olympic Oath**

In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams

## **The Olympic Motto**

Citius (Swifter)  
Altius (Higher)  
Fortius (Stronger)

## **The Olympic Creed**

The most important thing in the Olympic games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.