High school athletics can be a great platform to teach and reinforce Catholic values. Here are some projects that the captains leadership team can lead to instill Catholic values in high school athletes:

**1. Prayer before and after games**: Encourage athletes to gather as a team before and after games to say a prayer together. This can be a simple prayer for strength, unity, and gratitude. Encouraging athletes to recognize the importance of prayer and reliance on God can help instill the value of faith in their athletic endeavors.

**2. Service projects:** Organize service projects that involve athletes giving back to the community. This can include volunteering at local shelters, organizing fundraisers for charitable causes, or participating in community clean-up initiatives. By engaging in acts of service, athletes can learn the importance of selflessness, compassion, and the Catholic call to serve others.

**3. Reflection and discussion sessions**: Schedule regular reflection and discussion sessions where athletes can explore how Catholic teachings can be applied in their athletic lives. These sessions can focus on topics such as humility, forgiveness, integrity, and teamwork. Encourage athletes to share their experiences and insights, fostering a sense of community and spiritual growth.

**4. Scripture study**: Incorporate scripture study into the athletic program by selecting relevant passages that highlight Catholic values and virtues. Athletes can read and reflect on these passages individually or as a team, discussing their meaning and how they can be applied in their sportsmanship and personal lives.

**5. Retreats or spiritual camps**: Organize retreats or spiritual camps specifically designed for athletes to deepen their faith and understanding of Catholic values. These retreats can include prayer, reflection, workshops, and activities that encourage athletes to integrate their faith into their athletic pursuits.

**6. Mentoring programs:** Establish mentoring programs where older athletes can mentor younger athletes in both athletic skills and Catholic values. This provides an opportunity for athletes to learn from their peers about the significance of living out their faith in the context of sports.

**7. Sportsmanship awards with a faith component:** Create sportsmanship awards that incorporate a faith component. These awards can recognize athletes who consistently demonstrate Catholic values such as fairness, respect, and compassion towards opponents, teammates, and officials.

By integrating Catholic values into the athletic program and engaging athletes in activities that promote faith, service, and reflection, high school athletes can develop a deeper understanding of their faith and how it intersects with their athletic pursuits.