

# polaris sportsman 500 ho duse owners manual Printable PDF

## Polaris Sportsman 500 HO DUSE Owners Manual: Your Comprehensive Guide to Maintenance and Operation

The **Polaris Sportsman 500 HO DUSE owners manual** is an essential resource for enthusiasts and owners seeking to understand, maintain, and operate their ATV effectively. Known for its durability, power, and versatility, the Polaris Sportsman 500 HO DUSE is a popular choice among off-road riders, hunters, and outdoor adventurers. Proper knowledge and adherence to the manual ensure optimal performance, safety, and longevity of the vehicle. Whether you're a seasoned rider or a new owner, this detailed guide will help you navigate the key aspects covered in the manual and provide valuable insights for maintaining your ATV.

## Understanding the Polaris Sportsman 500 HO DUSE

### Overview of the Vehicle

The Polaris Sportsman 500 HO DUSE is a robust all-terrain vehicle designed for both work and recreation. Featuring a 499cc high-output engine, it delivers reliable power and smooth handling across various terrains. Its dual-purpose (DUSE) design emphasizes versatility, allowing for both utility and recreational use. The vehicle's advanced features include independent suspension, electronic fuel injection, and a durable chassis that can handle tough conditions.

### Key Features of the Polaris Sportsman 500 HO DUSE

- 499cc High-Output Engine
- Electronic Fuel Injection (EFI)
- Dual A-Arm Independent Front Suspension
- Pro Series Rear Suspension
- Automatic PVT (CVT) Transmission with High/Low/Reverse
- Electronic Power Steering (EPS) (varies by model)
- Durable Cargo Rack System
- Optional Accessories and Attachments

### Importance of the Owners Manual

## Why You Need the Manual

The owners manual serves as the authoritative guide for safe operation, routine maintenance, troubleshooting, and part replacement. It provides specific instructions tailored to your ATV model, ensuring you can maximize its lifespan and performance. Properly understanding and following the manual can prevent costly repairs and safety hazards.

## Contents Typically Covered in the Manual

- Vehicle specifications and features
- Pre-operation checks and safety guidelines
- Operating instructions
- Maintenance schedules and procedures
- Troubleshooting tips
- Parts identification and replacement instructions
- Storage and transportation tips

## Pre-Operation Safety and Checks

### Safety Precautions

Before operating your Polaris Sportsman 500 HO DUSE, ensure you adhere to safety guidelines outlined in the manual:

- Wear appropriate protective gear including helmet, gloves, goggles, and boots.
- Inspect the vehicle for any damage or loose components.
- Ensure all safety features, such as brake systems and lights, are functioning correctly.
- Familiarize yourself with the controls and operation procedures.
- Understand the terrain and weather conditions to avoid hazards.

### Pre-Operation Inspection Checklist

- Check fuel level and refill if necessary.
- Inspect tires for proper inflation and any damage.
- Verify brake function and fluid levels.
- Ensure the throttle and clutch operate smoothly.
- Check for leaks in the engine or hydraulic systems.
- Confirm that lights, signals, and horn are operational.

# Operating Your Polaris Sportsman 500 HO DUSE

## Starting the ATV

Follow these steps for a safe and efficient start:

- Ensure the transmission is in neutral.
- Turn the ignition switch to the "On" position.
- Engage the choke if the engine is cold (refer to manual for specific instructions).
- Pull the start button or use the electric start to ignite the engine.
- Allow the engine to warm up before riding.

## Basic Riding Tips

- Use the throttle smoothly to control speed.
- Shift between high, low, and reverse gears as needed.
- Keep both hands on the handlebars and maintain a firm grip.
- Be cautious on uneven or slippery terrain.
- Always ride within your skill level and comfort zone.

## Stopping and Parking

- Reduce speed gradually and bring the vehicle to a complete stop.
- Shift into neutral before turning off the engine.
- Engage the parking brake if available.
- Turn the ignition switch to the "Off" position.
- Remove the key to prevent unauthorized use.

## Routine Maintenance as per the Manual

### Scheduled Maintenance Intervals

Following the maintenance schedule provided in your owners manual is crucial. Typical intervals include:

- Daily or after every 10 hours of riding: Check tire pressure, brakes, and fluid levels.
- Every 25 hours or monthly: Change engine oil, check air filter, inspect drive belt.

- Every 50 hours: Replace spark plug, inspect suspension components, and change fuel filter.
- Every 100 hours or annually: Complete engine tune-up, inspect electrical systems, and replace hydraulic fluids.

## Engine Oil and Lubrication

- Use recommended oil grade as specified in the manual.
- Change engine oil regularly to prevent wear and overheating.
- Lubricate chassis components and pivot points to ensure smooth operation.

## Air Filter Maintenance

- Remove the air filter element following the manual instructions.
- Clean or replace it depending on its condition.
- Ensure a proper seal to prevent dirt from entering the engine.

## Battery Care

- Keep terminals clean and free of corrosion.
- Charge the battery periodically if the ATV is not used regularly.
- Check electrolyte levels and top up with distilled water if necessary.

## Troubleshooting Common Issues

### Engine Won't Start

- Check fuel level and quality.
- Inspect the spark plug for damage or fouling.
- Verify the kill switch is in the correct position.
- Ensure the battery is charged and connections are secure.

### Loss of Power or Poor Performance

- Clean or replace the air filter.
- Change engine oil if dirty or after recommended hours.
- Check for clogged fuel filters or carburetor issues.

- Inspect for worn or damaged drive belts.

## Unusual Noises or Vibrations

- Inspect suspension components for damage or wear.
- Check wheel and axle nuts for tightness.
- Examine drive components for misalignment or damage.

## Storage and Winterization Tips

### Proper Storage Procedures

- Clean the ATV thoroughly to remove dirt and debris.
- Perform a full maintenance check, including oil change and fluid top-ups.
- Disconnect the battery or use a battery maintainer.
- Store the vehicle in a dry, sheltered area away from direct sunlight.

### Winterizing Your Polaris Sportsman 500 HO DUSE

- Drain the fuel system or add fuel stabilizer to prevent gumming.
- Store the ATV with the tires slightly inflated to prevent flat spots.
- Lubricate all moving parts to prevent corrosion.
- Cover the ATV with a weather-resistant cover for added protection.

## Parts Replacement and Upgrades

### Identifying Parts

The owners manual includes diagrams and part numbers for easy identification and ordering of replacement parts. Regular inspection of wear items, such as brake pads, drive belts, and tires, ensures safety and performance.

### Polaris Sportsman 500 HO DUSE Owners Manual: An In-Depth Review and Guide

Owning a Polaris Sportsman 500 HO DUSE is a significant investment for outdoor enthusiasts, hunters, farmers, and recreational riders. To ensure optimal performance, safety, and longevity of your ATV, the owners manual becomes an essential resource. The manual for the Polaris Sportsman 500 HO DUSE provides comprehensive guidance on operation, maintenance,

troubleshooting, and safety protocols, making it a vital companion for both new and experienced users. In this review, we'll explore the key features, sections, and practical insights offered by the manual, helping owners maximize their ATV experience.

## Overview of the Polaris Sportsman 500 HO DUSE Owners Manual

The owners manual for the Polaris Sportsman 500 HO DUSE is meticulously designed to serve as a complete guide. It is structured logically, with clear sections that cover everything from initial setup to advanced maintenance. The manual emphasizes user safety, proper handling, and routine inspections, ensuring your ATV remains reliable and efficient over time. Its detailed illustrations and step-by-step instructions are especially helpful for DIY repairs and maintenance tasks.

Key Features of the Manual:

- Clear, easy-to-understand language
- Detailed diagrams and illustrations
- Troubleshooting guides
- Maintenance schedules
- Safety instructions and warnings
- Parts list and specifications

## Design and Layout of the Manual

The manual is organized into several main sections, each dedicated to specific aspects of ATV ownership:

### 1. Safety Information

This section underscores the importance of safe riding practices, protective gear, and understanding the ATV's controls. It includes warnings about potential hazards and precautions to avoid accidents.

### 2. Vehicle Features and Controls

Provides detailed descriptions of the ATV's components, such as the throttle, brakes, lights, and transmission. Diagrams and labels aid in familiarizing owners with their vehicle.

### 3. Operating Instructions

Covers starting procedures, riding tips, turning, braking, and handling different terrains. It

emphasizes safe operation and proper riding techniques.

## **4. Maintenance and Service**

A comprehensive guide to routine maintenance tasks like oil changes, tire checks, brake adjustments, and lubrication. It includes recommended intervals and specific procedures.

## **5. Troubleshooting**

Offers solutions to common issues such as engine trouble, electrical problems, and drivetrain concerns. Step-by-step diagnostic procedures help owners identify and fix problems efficiently.

## **6. Technical Specifications**

Lists detailed technical data, including engine specs, electrical system details, and tire sizes. This section is handy for parts replacement and upgrades.

## **Key Features and Highlights**

The Polaris Sportsman 500 HO DUSE Owners Manual emphasizes several features designed to enhance user experience and safety:

### **Powerful and Reliable Engine**

The manual details the 500 HO engine, highlighting its high-performance capabilities and fuel efficiency. Proper engine maintenance, as outlined in the manual, ensures durability.

### **Durability and Build Quality**

Guidelines on inspecting and maintaining the chassis, suspension, and other structural components help prolong the ATV's lifespan.

### **Accessory Compatibility**

Instructions on installing and using various accessories, such as winches or racks, are included, expanding the ATV's versatility.

### **Safety and Environment**

The manual stresses responsible riding, environmental considerations, and adherence to local regulations.

## Pros and Cons of the Polaris Sportsman 500 HO DUSE Owners Manual

### Pros:

- Comprehensive Coverage: The manual covers all aspects of ATV ownership, from basic operation to complex repairs.
- User-Friendly Layout: Clear headings, subsections, and diagrams facilitate easy navigation.
- Safety Emphasis: Strong focus on safe riding practices reduces accidents and injuries.
- Maintenance Guidance: Detailed schedules and procedures help maintain optimal vehicle performance.
- Troubleshooting Support: Useful diagnostic tips save owners time and money on repairs.
- Part Identification: Clear illustrations aid in part replacement and upgrades.

### Cons:

- Length and Detail: The extensive information may seem overwhelming for complete beginners.
- Technical Language: Some sections contain technical jargon that might require further research.
- Digital Accessibility: The manual is primarily physical; digital or online versions are less common.
- Limited Troubleshooting for Rare Issues: While comprehensive, some very specific problems may not be covered in detail.

## Practical Applications of the Manual

The manual is not just a reference document but a practical tool that can be used in various scenarios:

### Initial Setup and Break-in

Guidelines for assembling the ATV after purchase, performing initial checks, and breaking in the engine for long-term reliability.

### Routine Maintenance

Step-by-step instructions for oil changes, filter replacements, brake inspections, and tire maintenance. Following the schedule ensures consistent performance.

### Emergency Repairs



Basic troubleshooting procedures allow owners to address common issues like starting problems, electrical faults, or fluid leaks without immediate professional help.

## Upgrades and Accessories

Instructions for installing add-ons, which can enhance functionality and customize the ATV to specific needs.

## Safety Checks Before Ride

Pre-ride inspection checklists ensure all systems are functioning correctly, reducing the risk of accidents.

## Maintenance Tips Highlighted in the Manual

Regular maintenance is key to the longevity of your Polaris Sportsman 500 HO DUSE. The manual emphasizes:

- Oil Changes: Use recommended oil types and change at specified intervals.
- Air Filter Cleaning/Replacement: Ensures optimal airflow and engine performance.
- Brake Inspection: Regularly check brake pads, fluid levels, and system integrity.
- Tire Care: Monitor tire pressure and tread wear to prevent accidents.
- Battery Maintenance: Keep terminals clean and check charge levels.
- Lubrication: Proper lubrication of moving parts reduces wear and tear.

## Safety Protocols and Warnings

The manual dedicates significant space to safety instructions, including:

- Always wear appropriate protective gear (helmet, gloves, eye protection).
- Never operate under the influence of alcohol or drugs.
- Avoid riding on paved roads unless specified.
- Be cautious of terrain, obstacles, and other riders.
- Follow recommended speed limits and riding techniques.
- Conduct pre-ride safety checks.

These warnings are reinforced with symbols and highlighted sections to ensure they are not overlooked.

## Conclusion: Is the Manual Worth It?

The Polaris Sportsman 500 HO DUSE Owners Manual is undeniably a valuable resource for owners seeking to ensure their ATV operates safely and efficiently. Its detailed instructions, safety protocols, and maintenance guidelines make it indispensable for both novice riders and seasoned enthusiasts. While its depth might be daunting for absolute beginners, the manual's clarity and comprehensive coverage provide a strong foundation for responsible ATV ownership.

Investing time in understanding and following the manual can lead to improved performance, reduced repair costs, and a safer riding experience. Whether you're performing routine maintenance, troubleshooting a problem, or installing accessories, the manual offers step-by-step guidance that empowers owners to take control of their ATV's care.

In summary, the Polaris Sportsman 500 HO DUSE Owners Manual is more than just a booklet; it's an essential tool that enhances your riding enjoyment and prolongs the life of your ATV. Proper use and adherence to its guidelines will ensure countless hours of safe, reliable, and enjoyable outdoor adventures.

**Question** Where can I find the official Polaris Sportsman 500 HO DUSE owners manual? **Answer** You can download the official Polaris Sportsman 500 HO DUSE owners manual from the Polaris website under the 'Support' or 'Owners' Manuals' section. What are the key maintenance tasks outlined in the Polaris Sportsman 500 HO DUSE owners manual? The manual details routine maintenance such as oil changes, tire pressure checks, brake inspections, and spark plug replacement to ensure optimal performance. How do I troubleshoot common issues with my Polaris Sportsman 500 HO DUSE using the owners manual? The manual provides troubleshooting guides for common problems like starting issues, transmission problems, or electrical faults, along with recommended solutions. What safety precautions are highlighted in the Polaris Sportsman 500 HO DUSE owners manual? Safety precautions include wearing proper protective gear, avoiding excessive speeds, inspecting the machine before use, and understanding the proper handling procedures. Are there specific instructions for adjusting the suspension or brakes in the Polaris Sportsman 500 HO DUSE owners manual? Yes, the manual contains detailed instructions on how to properly adjust suspension components and brake systems for optimal ride and safety. How often should I perform maintenance as per the Polaris Sportsman 500 HO DUSE owners manual? Maintenance intervals vary, but the manual recommends checking key components every 25-50 hours of use or as specified in the maintenance schedule. Can I perform repairs myself using the Polaris Sportsman 500 HO DUSE owners manual, or should I visit a dealer? Basic repairs and maintenance can often be performed by experienced owners using the manual, but for complex issues or warranty-covered repairs, visiting an authorized Polaris dealer is recommended.

**Related keywords:** Polaris Sportsman 500 HO, ATV owners manual, Polaris Sportsman manual, Sportsman 500 HO specifications, ATV maintenance guide, Polaris Sportsman parts manual,

Sportsman 500 HO troubleshooting, ATV user guide, Polaris Sportsman 500 HO parts, ATV service manual

## PARAGRAPH ON FAVORITE SPORTSMAN

### Paragraph on Favorite Sportsman

Choosing a favorite sportsman can be an inspiring and motivating experience. It often reflects personal values, admiration for skill and dedication, and a connection to the athlete's journey and achievements. Whether you are a fan of cricket, football, basketball, tennis, or any other sport, identifying a sportsman who embodies excellence, perseverance, and humility can significantly influence your life and aspirations. In this article, we will explore the importance of having a favorite sportsman, highlight some of the most admired athletes globally, and discuss what makes a sportsman truly exceptional.

### Why Having a Favorite Sportsman Matters

#### Inspiration and Motivation

A favorite sportsman serves as a source of inspiration. Their stories of overcoming obstacles, relentless training, and unwavering dedication motivate fans to pursue their own goals. For example, the perseverance of athletes like Michael Jordan or Serena Williams can inspire individuals to stay committed during tough times.

#### Role Model Qualities

Beyond athletic prowess, sportsmen often exemplify qualities such as discipline, teamwork, humility, and sportsmanship. Admiring these traits can influence fans to incorporate similar values into their personal and professional lives.

#### Connection and Community

Following a favorite sportsman creates a sense of belonging. Fans often connect through social media, fan clubs, or attending matches, fostering a community united by admiration and shared passion.

### Characteristics of an Exceptional Sportsman

## Dedication and Hard Work

Top athletes dedicate countless hours to training, often sacrificing personal comfort and social life to perfect their craft.

## Consistency and Performance

Consistent performance over time distinguishes truly great sportsmen. They maintain high standards regardless of circumstances or pressure.

## Resilience and Mental Toughness

The ability to bounce back from setbacks, injuries, or losses demonstrates resilience. Mental toughness helps athletes perform under pressure.

## Humility and Sportsmanship

Despite fame and achievement, humble sportsmen show respect for opponents and fans, setting a positive example.

## Adaptability and Growth

Great athletes continuously evolve, learn from experiences, and adapt to changing game dynamics.

## Famous Sportsmen Who Have Left a Lasting Impact

### Cricket Legends

- Sachin Tendulkar: Known as the "God of Cricket," Tendulkar's impeccable technique and record-breaking career have made him a global icon.
- MS Dhoni: Celebrated for his cool-headed leadership and finishing skills, Dhoni has inspired countless aspiring cricketers.

### Football Icons

- Lionel Messi: Renowned for his dribbling, vision, and humility, Messi's dedication has earned him numerous awards, including multiple Ballon d'Or titles.
- Cristiano Ronaldo: Known for his athleticism, work ethic, and goal-scoring prowess, Ronaldo is a role model for aspiring athletes worldwide.

## Basketball Legends

- Michael Jordan: His competitive spirit, clutch performances, and leadership have made him the greatest basketball player in history.
- LeBron James: Combining skill, intelligence, and philanthropy, LeBron exemplifies excellence on and off the court.

## Tennis Greats

- Roger Federer: Celebrated for his grace, sportsmanship, and record number of Grand Slam titles.
- Serena Williams: Known for her power, resilience, and breaking barriers for women in sports.

## How to Choose Your Favorite Sportsman

Choosing a sportsman as your favorite can be a personal decision based on multiple factors. Here are some tips:

- **Identify your values:** Do you admire resilience, humility, skill, or leadership?
- **Follow their journey:** Read about their background, struggles, and achievements.
- **Observe their character:** Pay attention to their conduct on and off the field.
- **Consider their impact:** Do they inspire positive change or community service?
- **Relate to their story:** Do their experiences resonate with your personal aspirations?

## Conclusion

Having a favorite sportsman is more than just supporting a team or athlete; it is about finding a source of inspiration, learning valuable life lessons, and connecting with a community of like-minded fans. The most admired sportsmen exemplify dedication, resilience, humility, and excellence. Whether it is Sachin Tendulkar's mastery of cricket, Lionel Messi's artistry on the football field, Michael Jordan's competitive spirit, or Serena Williams' trailblazing achievements in tennis, each athlete leaves a lasting legacy that motivates millions worldwide. Embracing the qualities of your favorite sportsman can encourage you to pursue your dreams with passion and perseverance, making their influence a positive force in your life.

Favorite Sportsman: A Tribute to Dedication, Excellence, and Spirit

Choosing a favorite sportsman is often more than simply selecting an athlete?it's about identifying a

person who embodies perseverance, humility, skill, and passion. Over the years, many sports figures have inspired millions with their extraordinary talents and unwavering commitment to their craft. Among these, one athlete stands out not only for their unparalleled achievements but also for their influence on fans and aspiring sportspeople worldwide. This article delves deeply into the qualities that make this sportsman a true icon, exploring their journey, impact, and what sets them apart from others.

## Introduction to the Sportsman

The journey of this sportsman began from humble beginnings, marked by relentless hard work and a dream to excel at the highest level. Born into a modest family, they faced numerous challenges early on but never allowed obstacles to derail their ambitions. Their early years were characterized by dedication and a fierce desire to improve, often practicing beyond the limits and seeking every opportunity to hone their skills. Over time, this commitment translated into consistent performances, setting new standards in their sport.

This athlete's rise to prominence was not accidental but the result of meticulous training, strategic thinking, and an innate talent that set them apart from their peers. Their career has been decorated with numerous records, awards, and memorable moments that have etched their name into the annals of sports history.

## Key Qualities that Define the Sportsman

Every great sportsman possesses certain qualities that elevate them beyond mere athletic ability. For this athlete, some of these defining traits include:

### Dedication and Discipline

- Consistent training routines, even during off-season periods.
- Ability to maintain peak physical condition through strict diet and fitness regimes.
- Resilience in overcoming setbacks, injuries, and losses.

### Skill and Innovation

- Mastery over technical aspects of their sport.
- Creativity in gameplay, often surprising opponents with unconventional strategies.
- Continuous pursuit of improvement, learning new techniques, and adapting to evolving game dynamics.

## Leadership and Influence

- Leading by example both on and off the field.
- Inspiring teammates and fans with their work ethic and attitude.
- Engaging in charitable activities and promoting sportsmanship.

## Humility and Respect

- Maintaining humility despite numerous accolades.
- Showing respect towards opponents, officials, and fans.
- Serving as a role model for young aspiring athletes.

## Career Highlights and Achievements

The career of this sportsman is replete with milestones that underscore their excellence:

- Records Broken: Holding multiple world records and setting benchmarks that others aspire to reach.
- Major Tournaments and Championships: Winning prestigious titles consistently across the years.
- Awards and Recognitions:
  - Multiple MVP awards, player of the year honors.
  - Induction into sports halls of fame.
  - Honored with national and international awards for sportsmanship and contribution to the sport.

These accomplishments not only highlight their individual brilliance but also their ability to perform under pressure and deliver when it matters most.

## Impact Beyond the Sport

This athlete's influence extends beyond their athletic achievements, impacting society in various ways:

## Role Model for Youth

- Demonstrates that perseverance and dedication can lead to success.
- Encourages young athletes to pursue their dreams regardless of circumstances.

## Promotion of Social Causes

- Active involvement in charity events and community development projects.
- Using their platform to raise awareness on social issues like education, health, and environmental sustainability.

## Global Ambassador of the Sport

- Promoting their sport worldwide, inspiring participation at all levels.
- Engaging in international campaigns to boost the sport's popularity.

## Controversies and Challenges

While the sportsman's career has been largely celebrated, it has not been without hurdles:

- Injuries that sidelined them temporarily, testing their resilience.
- Media Scrutiny during controversial moments or matches.
- Competition Pressures pushing them to maintain top form amidst rising stars.

Despite these challenges, their ability to rebound and maintain composure has garnered respect from fans and critics alike.

## Pros and Cons

Understanding the strengths and limitations of this sportsman offers a balanced perspective:

Pros:

- Consistently high performance and record-breaking achievements.
- Exemplary sportsmanship and humility.
- Leadership qualities that uplift teams and inspire fans.
- Dedication to community service and social causes.
- Adaptability to changing game dynamics.

Cons:



- Occasional injuries that have interrupted their career trajectory.
- Media scrutiny during controversial phases.
- The intense pressure to perform can sometimes lead to stress and fatigue.

## Conclusion: Why This Sportsman Is a Favorite

In sum, this sportsman epitomizes what it means to be a true champion. Their journey from humble beginnings to global stardom is a testament to their dedication, talent, and character. Beyond their athletic prowess, they serve as an inspiration for millions, demonstrating that perseverance, humility, and passion can overcome any obstacle. Their impact transcends the boundaries of the sport, fostering positive change and setting a standard for future generations.

Choosing a favorite sportsman is a deeply personal decision, often rooted in admiration for their skills and values. For many, this athlete embodies the ideals of sportsmanship, resilience, and excellence—qualities that make them not just a sports icon but also a role model for life. As fans continue to cheer and aspire, this sportsman's legacy will undoubtedly endure, inspiring generations to come.

Note: The above article is a general template. To personalize it further, you can specify the name of a particular sportsman you admire, and include specific details related to their career and achievements.

**Question** What makes a sportsman your favorite? A sportsman becomes a favorite through their exceptional skills, dedication, sportsmanship, and inspiring personality both on and off the field. **How can I write an engaging paragraph about my favorite sportsman?** Start with an introduction about who they are, include their achievements and qualities, share personal reasons for admiration, and conclude with their impact on you or others. **Why is it important to highlight a sportsman's traits in a paragraph?** Highlighting traits like perseverance, teamwork, and discipline helps readers understand what makes the sportsman special and inspires them to adopt similar qualities. **Can you give an example of a paragraph on a favorite sportsman?** Sure! For example: 'My favorite sportsman is Virat Kohli. He is known for his incredible batting skills and leadership qualities. His dedication and hard work inspire millions of cricket fans worldwide.' **What are some tips for making a paragraph about a sportsman more interesting?** Use vivid descriptions, include interesting facts or anecdotes, and express your personal admiration to make the paragraph more engaging and lively.

**Related keywords:** sportsman, favorite athlete, sports hero, athletic achievements, sports career, inspiration, sports discipline, personal life, awards, sportsmanship

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