

**PLAY LIKE
A CHAMPION
TODAY**

A Team for Every Child

Champion Coach Note

Educating and Forming Champion Coaches

Winning

The final component of the GROW approach is **Winning**. When coaches focus on setting appropriate **Goals**, building **Relationships** and giving **Ownership** to the athletes on a team, **Winning** will take care of itself. There's no question that winning is fun. In fact, *Play Like a Champion* believes that coaches and athletes should always strive to win, competing to the best of their ability as a sign of respect for their opponents. However, it's important that we keep things in perspective; the true joy in sports is not in winning, but in *competing*. If we focus only on the result, striving to win at all costs, we lose sight of the fact that it's the process that is truly rewarding. A plastic trophy has very little value in itself, but the goals achieved, relationships built and lessons in leadership learned along the way remain with us for a lifetime.



Winning fits with the cardinal virtue of **Temperance**. When we put winning and losing in its proper perspective, we learn self-control and limit inordinate desires. Practicing temperance helps us to achieve a balance that will actually create a greater enjoyment of our activities (such as sport) and allow us to focus on what's truly important, such as developing student-athletes and having fun.

Our ultimate goal as coaches is to help our athletes maximize their performance while growing physically, mentally, morally and spiritually. To help them keep winning in the proper perspective, have a conversation with your team this week. **Use these questions to begin a dialogue that promotes a healthy understanding of winning (and losing):**

- How do you measure success? What will success look like for our team at the end of this week? At the end of the season?
- How do we feel (and act) when we win our competition? How does winning affect the way you view yourself as an athlete?
- How do we feel (and act) when we lose a competition? How can we become better as a team through a loss?

Consider as a coach your own answers to these questions. How do you measure the success of your team? Do you set goals that go beyond results? Is it more important that your team outperform their opponents or improve on their own previous performance? How do wins and losses affect the way you view yourself as a coach?

Sports are competitive. Whether playing, coaching or watching from the crowd, it's natural to want to win every game. While all participants should strive for victory, *Champion* teams keep winning in perspective. By doing so, they can achieve more than they thought possible, regardless of what the scoreboard says.

"But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain." ~ 1 Corinthians 15:57-58

Author Goes In-Depth with Coaches



A new book by friend of *Play Like a Champion* Martin Davis seeks to capture the heart of high school athletics through the coaches who form young athletes. [30 Days with America's High School Coaches](#) features 30 short, inspiring stories from coaches across the country, detailing the impact they have on their schools and communities while including practical insights in developing athletes and building successful teams. A high school football coach, sports parent and long-time sports journalist, Martin appeared on [Episode 13 of the Play Like a Champion Show](#) and discussed some of the coaches who appear in this book. As we all continue to learn and grow in our own ability to form the young athletes entrusted to our care, this book allows us a glimpse at some of the best examples in American high school sports.

"Martin Davis provides a never-before-seen insider's perspective of the power coaches can have on youth, schools and communities in America. This book is a must read not only for coaches, but for coach educators, school administrators, and community leaders as well." ~ Travis Dorsch, Founding Director Utah State University Families in Sport Lab

Get 30 Days with America's High School Coaches

A Prayer for Coaches

Thank you Lord for all the gifts that coaching young people provides to me. Thank you for the energy and joy of young athletes as they learn and grow as part of my team. When my team has success, help me to not boast about our accomplishments in your service. Help me to remember that all good we do is due to your help, grace, and inspiration. Let us be aware of your assistance on our team in providing us with desire, drive, courage, and hope. Help me to be at peace with my team and my coaching, dedicating all I do and all our team does to play for God's glory. Amen.



Play Like a Champion's "Daily Prayers for Champions" page has been updated! Visit www.playlikeachampion.org/prayer for more than 200 prayers plus resources that can help you and your team grow closer to God while participating in sports.

Access Resources & Learn More at www.playlikeachampion.org

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