

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Athlete Note

Developing Champion Athletes on and off the Field

CHALLENGES

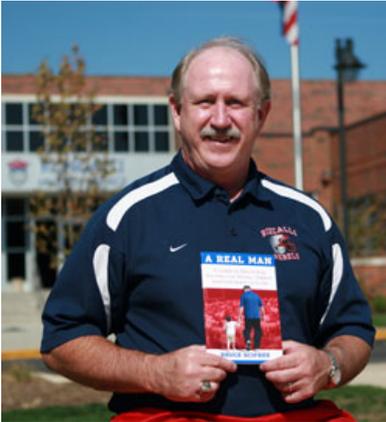


Eric McElvenny was a United States Marine on his third tour of duty in Afghanistan when an explosion changed his life. Wounded after stepping on an IED, he suffered the amputation of his right leg below the knee. Now faced with an incredible challenge, McElvenny made a decision that he would not let this new physical limitation define him. Instead, he set a goal to complete an Ironman Triathlon and now competes in endurance races across the country. [In the video above](#), McElvenny shares his thoughts on challenges and how we overcome them. It's advice every student-athlete can use when faced with their own challenges in training, practices or games.

To learn more about Eric's incredible story, [check out this video profile](#).

Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. Well, I do not run aimlessly, I do not box as one beating the air; but I pommel my body and subdue it, lest after preaching to others I myself should be disqualified. ~ 1 Corinthians 9:24-27

Think You're Tough? This Lent, Consider the Passion of Christ.



Bruce Scifres spent 27 years as the head football coach at Roncalli Catholic High School in Indianapolis before leaving in 2017 to take over as Executive Director of the Indianapolis CYO. A legend in Indiana coaching circles, Scifres has shifted his attention to youth sports while sharing his wisdom through the release of his first book and an online blog. We thought his reflection on Christ's passion was an excellent meditation during this Lenten season and a reminder for all athletes what it really means to be "tough". Check out the blog here: [A Real Man's Man](#).

After reading, consider these questions from Scifres in light of your own experience as a student-athlete:

- Is it possible for a person to be strong-willed and tough, yet at the same time be humble and treat others with respect and kindness?
- Who do you know who possesses all of these traits?
- Do you respect and admire this person?
- Which of these traits do you most need to work on to be more like Jesus?
- If the entire team committed to taking on the traits of Jesus, would this help us win more games?

Bruce Scifres will be a guest speaker at this summer's Play Like a Champion Today Sports Leadership Conference. See Scifres and other great speakers by registering for the conference here. You also read more from his blog through the Indianapolis CYO website by clicking here.

An Athlete's Prayer

Heavenly Father, through St. Paul you admonish us to "run so as to win" in our athletic pursuits, while keeping our eyes on the eternal glory of heaven. May we always take the lessons we learn in sports and use them to help us grow in faith, hope and love. Help us to follow the example of your saints, who showed great courage and proclaimed your glory no matter the cost. We lift our prayers to you and ask that you bless our teammates and coaches. Help us to strive to use our talents to the best of our abilities and to glorify you in doing so.



We all these things through Christ, our Lord, Amen.

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