

**PLAY LIKE  
A CHAMPION  
TODAY**

Character Education Through Sports

# Champion Coach Note

Educating and Forming Champion Coaches

## Communication



Champion coaches know that great communication is necessary to build relationships and develop a successful culture for athletes and teams. From skill instruction to personal interaction, coaches need to understand how to communicate about both sport and life. [In this week's video](#), sports communication coach Kathleen Hessert and varsity athlete Quinn McKenna talk about why this topic is so important and how Generation Z is changing the way we communicate with today's athlete.

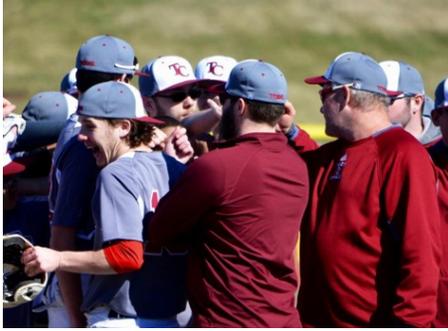
***Coaches, do you communicate effectively with your team?  
Ask your athletes for feedback. Based on what your athletes tell you,  
what is one tangible way you can enhance your communication?***

*Let no evil talk come out of your mouths, but only such as is good for edifying,  
as fits the occasion, that it may impart grace to those who hear. ~ Eph 4:29*

## An Example of Positive Communication!

Trinity Catholic High School in St. Louis is one of *Play Like a Champion's* newest partners. In addition to sending *Play Like a Champion's* weekly note to their coaches, Athletic Director (and baseball coach) Dan Grumich, sends a message every Sunday to the whole Trinity athletic community. This Sunday communication is called "Inside TC" and it poses a reflection question for all to consider. Below is last

Sunday's Message. Well done Trinity Catholic High School!



### "Inside TC"

#### **Teamwork, togetherness and leadership**

*Spring sports high school athletes face some unique challenges.*

*It's the third sports season of the school year and many athletes have already played one or two sports meaning fatigue is a possibility. The end of*

*the school year is just around the corner and that can be a distraction, especially for seniors. The weather is always a factor as athletes deal with cold and wet days and less than ideal conditions. Cancellations play havoc with scheduling so establishing consistency is difficult.*

*That's where teamwork, togetherness and leadership play an important role. Teams that have that special bond or chemistry can withstand all challenges. Athletes who are pulling in the same direction as a group can overcome whatever they face. Individuals who make the choice to be the right kind of leaders in every situation naturally motivate those around them.*

***Will you do what it takes this week to promote teamwork, togetherness and leadership?***

## Coaching Words of Wisdom

*We play a sport. It's a game. At the end of the day, that's all it is, is a game. It doesn't make you any better or any worse than anybody else. So by winning a game, you're no better. By losing a game, you're no worse. I think by keeping that mentality, it really keeps things in perspective for me to treat everybody the same.*

~ Tim Tebow



Play Like a Champion Today Educational Series  
PO Box 72, Notre Dame, IN 46556 | [information@playlikeachampion.org](mailto:information@playlikeachampion.org)  
[www.playlikeachampion.org](http://www.playlikeachampion.org)

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