

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Bonus Champion Note

Developing Champion Athletes on and off the Field

Victory

Victory is not dictated by the scoreboard, but consists of progress, perseverance, enjoyment and character. ~ 2018 Conference Roundtable Statement on "Victory"



On the surface, it would seem that achieving victory is the goal of any athlete or team. As the saying goes, "to the victor go the spoils"; victory brings excitement, prestige and a number of other benefits to those who find themselves on top at the end of a game or season. With this in mind, our modern culture places almost the entire emphasis on the outcome of games. We love a winner.

Yet if that's all there is to sports, then we're all missing out. The *Play Like a Champion* approach recognizes victory as part of a bigger picture. While *Champion* teams certainly strive for victory, they realize that the true joy of sports is not found in winning, but in *competing well*. Rather than simply making sport a quest for victory, these teams place their emphasis on process rather than result. They understand that while the outcome of a game cannot be controlled, their effort and execution can be.

For athletes, coaches and parents, the measure of success should include the achievement of **goals** aimed toward physical, mental and spiritual growth, the building of strong **relationships**, and athletes taking **ownership** over their play. Play Like a Champion partners will recognize these as components of the **GROW** approach: the pillars on which successful teams are built. If coaches focus on these areas, they will put their players in position to be victorious on the field.

Here are a few questions that athletes, coaches and parents can ask themselves as they consider what it means to have a Champion's understanding of victory:

Athletes: How do you measure success? Do you feel a sense of accomplishment when you improve in certain areas or achieve a goal? How do wins and losses affect the way you view yourself as an athlete?

Coaches: How do you measure the success of your team? Do you set goals beyond winning games or championships? 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?

Parents: What do you want your child to accomplish in sports? How do you encourage physical, mental and spiritual growth? When talking to your athlete, do you focus on the game's outcome or praise their effort and improvement? How often do you tell your child you enjoy watching them play?



Sports are competitive. Whether you're playing, coaching or watching from the crowd, it's natural to want to win every game. All participants should strive for victory and good competition is necessary to bring out the best in both teams. Yet Champion teams keep this in perspective. By doing so, they can achieve more than they thought possible, regardless of what the scoreboard says.

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 Cor 9:24-27

A Winning Play: Attend the 2019 Play Like a Champion Leadership Conference



Join *Champion* coaches, administrators and athletic leaders from across the country on June 21-22 at the University of Notre Dame for this year's annual Sports Leadership Conference. Learn from expert speakers and coaching panels while making valuable connections and sharing best practices. Experience personal and professional growth while having a blast. **If you haven't registered, what are you waiting for?** Whether a first-time participant or

seasoned veteran, this year's conference promises something for everyone. Click the link below to see announced speakers and learn more!

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Words of Wisdom

"A champion needs motivation above and beyond winning."

~ Pat Riley

A member of the Naismith Memorial Basketball Hall of Fame, Riley was a college All-American who won 9 NBA Championships as a player (1), coach (5) and executive (3).



Play Like a Champion Today Educational Series
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