



TIME OUT - WEEK 3



THEME VERSE

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

~ Hebrews 12:11 ~



COACH APPLICATION

"A house divided against itself cannot stand." This quote was made famous by Abraham Lincoln, but it was taken straight out of the Bible (Matthew 12:25). So it is true with any sports team. As a coach, you must be constantly on guard for any brewing problems that could threaten the peace and unity of the team. Also, as the coach, you will set the tone for what your expectations are, if you are confrontational, then expect your team to mirror your attitude during practice and on game day.



PLAYER APPLICATION

INNER PEACE

You cannot have outer peace without being at peace with yourself. This takes time to develop, but you must come to an understanding of who you are and what your gifts are before you can expect to be a part of any team. Everybody has their own part to play on the team, and inner peace comes from knowing what your place is. This process may take a while, but just as you train our bodies individually, you must train your minds and hearts individually before you get ready to play a game as a team.



OUTER PEACE

Once you know who you are and what your role is, then you must begin to work on outer peace. Whether you are gifted or just starting out, everybody is an important member of the team. Some people may have bigger roles on game day, but everybody on the team must be unified - there is no "I" in team. It's no fun to be on a team where there is no peace, everything is chaotic and everybody fights with each other rather than working together for a common goal. It may be cliché, but it is true - the definition of "TEAM" is "together everybody achieves more."



As an athlete, I can be a **role model and **inspire** others.**

Therefore, I promise to...

Live with **integrity on and off the field of play;
Use my talents and gifts to **honor** my team, my family and my faith;
Hold myself **accountable** to a higher standard;
And work to have a **positive impact** on my community.**

-the right choice today athlete's pledge