

GO FOR IT!

**“Those who run in a race all run, but only one receives the prize.
Run in such a way that you may win.” 1 Corinthians 9:24**

Next time you are tempted to quit, remember the words of the apostle Paul, who among all people knew adversity and obstacles: “I can do all things through Him who strengthens me” (Philippians 4:13).

The qualities, which make for a good athlete, will also help you in your personal life. Choose to be a GREAT ATHLETE. Remember, sports are only for a season, but attitude and faith will last a lifetime.

POOR ATHLETE

- Does not play fair
- Does not give 100%
- Gives up easily
- Has a bad attitude
- Is out for himself / herself
- Discourages others
- Complains, makes excuses, blames others
- Lets himself / herself be defeated by frustration
- Loses like a poor sport
- Thinks they are a loser if they lose a game

Are you a Wimp, Whiner or Winner?

- Wimp = quitter
- Whiner = complainer
- Winner = doesn't quit or complain

Bill Rudge coached soccer for four years. He used these principles to motivate his soccer teams to four championship seasons.

GREAT ATHLETE

- Plays fair
- Gives 100% all the time
- Never gives up—NEVER
- Has a good attitude
- Is a team player
- Encourages others
- Does not complain, make excuses or blame others
- Overcomes frustration by being the best he / she can be
- Loses like a good sport
- Realizes that if they play to their maximum potential, then they are a winner – whether the game is lost or won

“Success does not mean that you always achieve your goals, but that you give your best effort to attain those goals. ... Success is not what you do, but who you are.”

Coach BJ Rudge

Bill encourages players and coaches to never forget:
“HIS name is more important than my game.”