3-D COACH

"Coaching the heart behind the jersey"

A 9-week exploration of how coaching in the “2nd Dimension” can help you capture the heart of your athletes.

The heart and soul in sports®
Dear Coach,

What if the following bullet points characterized the athletes on your team as compared to the athletes of your opponents?

- **Your athletes** learn skills quicker (more attentive)
- **Your athletes** achieve higher fitness compliance (work harder)
- **Your athletes** experience shorter rehabilitation (injury recovery)
- **Your athletes** are more adaptable to new conditions (“on the road”)
- **Your athletes** possess the freedom to be creative (coach-speak – “are gamers”)
- A deeper relationship exists between *you as a coach and your athletes* (learning life’s lessons)

**Do you think you could work with these types of players? Of course!**

I understand the importance of “success” on the playing field when it comes to the coaching profession. I fully realize that in many circumstances, your job security is directly linked to the wins and losses column on the scoreboard. I’ve been there as a player, and I’ve been there as a coach. It’s all about “success.”

But how do you define “success?” Is it all about the numbers? Is a championship team who cheated and broke all of the rules on their way to the top really “successful?”

I believe that this **3-D Coach** study can and will help you and your team achieve the attributes listed in the bullet points above. But... if “success” on the athletic field is all that you are after, then this study is probably not for you. This study is designed to help you move beyond “success,” and towards true “significance” as a coach.

At FCA, our desire is to help coaches become “R12 Coaches.” That’s a fancy term for a coach who is deliberately and intentionally coaching their athletes in all three dimensions... mind, body, and spirit. We feel like this effort to coach beyond the 1st Dimension (strength, power, cardiovascular, speed, quickness, technique, repetition, tactics) certainly can help you achieve the results you are after on the scoreboard. More importantly, however, we feel that coaching in the 2nd Dimension (motivation, confidence, intensity, focus, emotions, mental imagery, goal setting, team cohesion) with the intent of capturing the hearts of your athletes (3rd Dimension), will lead to true significance, as you play an instrumental role in the internal transformation of the athletes who have been entrusted to your care.

As alluded to above, I believe wholeheartedly that “success” on the scoreboard will many times be the **byproduct** of this type of coaching style. My true hope for this study, though, is that it will help you as a coach to opt out of the “rat-race” to “succeed” at all costs, and focus on the road that will take you to significance. Let’s allow significance be **the end** we are after, and let’s allow success be the fruit of our journey towards significance. Let the journey begin!

Scott Ashton
Mid Missouri Area Director
What is 3-Dimensional Coaching?

Dr. Jeff Duke, PHD

Dr. Jeff Duke is the foremost expert regarding the cultural influence on the coaching profession in our society. He has developed and authored the “Three Dimensional Pyramid of Coaching Success” concept that has revolutionized the sport coaching landscape. Dr. Duke has coached 5 sports including football, basketball, track and field, cross-country, and tennis... and has directly supervised over 200 coaches in 17 different sports. His coaching experience encompasses the youth level through the professional ranks, coupled with a multi-year stint as an assistant football coach at Florida State University under legendary coach, Bobby Bowden.

Dr. Duke is highly sought after to lead workshops, seminars, and training on the “cultural influence of the sport coach” throughout Europe and the Americas. He spent eight years as an international expert on coaching education development pre / post the Atlanta Olympic Games. His doctoral research (Florida State University) created baseline data on how to analyze proficient elite level coaching methods. Today, you will find Dr. Duke traveling weekly across the United States, leading and facilitating workshops with the adolescent sport coaching culture on becoming a “Coach of Excellence.”

Third Dimension = Body/Mind/Spirit, Holism, Heart

• Internal Transformation

Second Dimension = Body/Mind, Dualism, Psychology

• Motivation
• Confidence
• Intensity
• Focus
• Emotions
• Mental Imagery
• Goal Setting
• Team Cohesion

First Dimension = Body, Physicality, Fundamentals

• Strength
• Power Cardiovascular
• Speed
• Quickness
• Technique
• Repetition
• Tactics
What is FCA?

Since 1954, the Fellowship of Christian Athletes has challenged athletes and coaches to impact the world for Jesus Christ. FCA is cultivating Christian Principles in local communities nationwide by encouraging, equipping and empowering others to serve as examples and to make a difference. Reaching over 1.3 million people annually on the professional, college, high school, junior high and youth levels, FCA has grown into the largest interdenominational sports ministry in the world. Through this shared passion for athletics and faith, lives are changed for current and future generations.

FCA’s efforts are focused on our “4 C’s” of Ministry: Coaches, Campus, Camps and community.

Vision:

To see the world impacted for Jesus Christ through the influence of athletes and coaches.

Mission:

To present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.

Values:

Integrity | Serving | Teamwork | Excellence

Local Office:

Mid Missouri FCA
11 North 5th St.
Columbia, MO 65201
http://www.midmofca.org

Area Director: Scott Ashton
Phone: 573-499-1297
Email: sashton@fca.org
Contents

Week 1: Motivation.................................................................6
Week 2: Confidence..............................................................9
Week 3: Intensity.................................................................12
Week 4: Focus.................................................................15
Week 5: Emotions............................................................18
Week 6: Mental Imagery..................................................21
Week 7: Goal Setting.......................................................23
Week 8: Team Cohesion....................................................26
Week 9: r12 Coach.........................................................29
The Coach’s Mandate...................................................32
The Competitor’s Creed..................................................33
**Week 1: Motivation**

**Watch:** clip of “Rudy” (2:35)

**Intrinsic vs. Extrinsic Motivation**

Motivation is the driving force which causes us to achieve goals. Motivation is said to be intrinsic or extrinsic. **Intrinsic motivation** refers to motivation that is driven by an interest or enjoyment in the task itself, and exists within the individual rather than relying on any external pressure. **Extrinsic motivation** comes from outside of the individual and can be positive or negative. Positive extrinsic motivators are typically rewards, like money or grades. Examples of negative extrinsic motivators are things like coercion, or threat of punishment.

*Based on what you saw and heard in the movie clip, do you think Rudy was more intrinsically or extrinsically motivated? Why?*

*Would you rather have a team full of athletes who are primarily motivated intrinsically or extrinsically? Why?*

*When you extrinsically motivate your athletes, is it usually positive or negative?*

*As a coach, how can you increase an athlete’s capacity to operate according to intrinsic motivation?*

**Inside-Out Coaching Point:** If you hope to maximize potential and sustain high levels of performance, your team members must be intrinsically motivated from within their **hearts**, and not just according to blind obedience.

**Watch:** clip of “Chariots of Fire” (4:11)

In the movie “Chariots of Fire,” Eric Liddell is an athlete who is intrinsically motivated to run the 400 M in the 1924 Olympics. In this famous scene from the 1981 classic, Eric asks the question, “And where does the power come from, to see the race to its end?” He then answers, “From within.” He goes on to make the
statement, “I believe God made me for a purpose, but he also made me fast. And when I run I feel His pleasure.”

**Read: Colossians 3:22-25**

What stands out to you in this passage?

What is the difference between an enthusiastic (Col 3:23) and a motivated athlete?

In what ways (if any) does this passage motivate you intrinsically?

In what ways (if any) does this passage motivate you extrinsically?

In what ways do you “feel God’s pleasure” when you coach?

**Inside-Out Coaching Point:** An athlete has two things under their control: their attitude and their effort. To play enthusiastically means to give it your all (effort) as an act of worship (attitude). The word enthusiasm is derived from a variation of the Greek word *entheos* (as in *theology*) which means “having god within” or “god-possessing.” If we can effectively help our players grasp the concept of performing for an “audience of One,” imagine what that will do to their attitude and effort on the playing field!

**The Jesus Way**

Currently, many sources report that there are roughly 2.1 billion people in the world who have been motivated to respond to the call of Jesus Christ and are attempting to follow the “Jesus Way.” Many are even choosing to follow Jesus despite the serious risk of severe persecution or even death. One might wonder, how does Jesus motivate people to leave everything behind to follow Him? How does He motivate people to sometimes do things that seem against their nature? And how does He motivate people to even risk their own lives for the sake of His cause?

**Answer (albeit in part):** He Himself modeled self-sacrificing love.

**Modeling**

**Leader Modeling:** Coach demonstrates skill or behavior (effective)

- Watch clip of “Glory Road” (1:48)
- Read Romans 5:8

*According to Romans 5:8, how did Jesus demonstrate “Leader Modeling?”*
**Peer Modeling:** Peer demonstrates a skill to another peer (more effective)
- Watch clip of “Remember the Titans” (1:43)
- Read John 15:12-14

*In John 15:12-14, what does Jesus call us to do in modeling His Way to our peers?*

*What can you do to encourage peer modeling as part of your practice plan?*

**Self Modeling:** Athlete evaluates his/her own skill level internally (most effective)
- Watch clip of “Remember the Titans” (1:23)
- Read I Corinthians 9:24-27

*In this passage, what does Paul say that indicates he is “self modeling” for others?*

*Take some time to share ideas about how you can empower your athletes to grow in the area of self evaluation and modeling.*

**Summary**

If the world’s elite athletes can be pegged with one common trait, it would likely be that each of them are intrinsically motivated by a heightened sense of *purpose*. But, if we want to coach our athletes in the game of life, and not just in their particular sport, their purpose must be found beyond the scoreboard or the stat sheet.

As coaches, if we can successfully *create an atmosphere* where our athletes can catch a glimpse of God’s purpose for their lives beyond the playing field, a new level of enthusiasm and motivation is likely to occur. And remember, the marks of an enthusiastic athlete are the marks of a great attitude and a relentless effort.

As the “leader-modeling” Coach of humanity, Jesus Christ demonstrated that God’s primary purpose for humanity is love. As He demonstrated the ultimate act of love in the laying down of His life for us, He invites us to join Him in His program of restoration by following His example of self-sacrifice for others (peer modeling). And as Paul demonstrated, the path of discipleship in the Jesus Way leads to the reality of self-modeling, where motivation to achieve excellence doesn’t come from without, but from within. It comes from that place where a deep and authentic love for God and other people abides.

**Inside-Out Coaching Point:** Nothing motivates like self-sacrificing love. “When love and skill work together expect a masterpiece.” - John Ruskin

**Closing Prayer**

“Lord Jesus, fill me with Your Spirit that I may love others more than myself. Amen.”
Week 2: Confidence

Watch: clip of “The Rookie” (2:35)

Obtaining Confidence

In this clip from the “The Rookie,” high school baseball coach Jim Morris successfully helps his team obtain a new level of confidence on the ball diamond.

Confidence may be the most influential psychological contributor to success on the playing field for an athlete or team. Confidence can be defined as an individual’s belief that he/she has the necessary skills to produce a desired outcome. For an athlete to obtain confidence, one or more of the following three instances typically need to take place:

- Performance accomplishments (past successes)
- Vicarious experience (watching similar “Others” succeed)
- Verbal persuasion (encouragement from others)

How did the three aspects of building confidence (listed above) factor into Coach Morris’ success of helping his team obtain new levels of confidence?

Inside-Out Coaching Point: Failures on the athletic field can wreak havoc on an athlete’s confidence. Make sure that your athletes fully understand that failure is an experience we all go through, but we can’t allow that experience to define us. Failure is an experience, but never an identity.

Attribution & Understanding the Confident Mind-Set

Have you ever noticed that when a sports fan’s favorite team wins a contest, his/her response is “We won!” But if that same team loses a contest, his/her response is “They lost.” Why is that?

Attribution theory is a concept in social psychology referring to how individuals explain causes of events, other's behavior, and their own behavior. It explores how individuals “attribute” causes to events and how this perception affects their motivation. External attribution assigns the cause to an outside factor, such as the weather. Internal attribution assigns causality to factors within the person, such
as their own skill level or level of intelligence. **People often make self serving attributions.** So if something good happens, they tend to see it through the lens of internal attribution (I scored a touchdown because I am fast). If something bad happens, external attribution seems to be the default mode (I fumbled the ball because it is raining).

Coaches and athletes with a **confident mind-set** are those who take responsibility for the factors that are under their control (internal attribution), while not blaming themselves for aspects of their performance that are beyond their control (external attribution), and believe their success will generalize to all areas of their lives in different contexts (global attribution).

**Watch:** clip 1 of “Remember the Titans” (1:37)

*In this clip, what evidence do you see of internal attribution?*

*What evidence do you see of external attribution?*

**Watch:** clip 2 of “Remember the Titans” (0:58)

*In this clip, what evidence do you see of global attribution?*

**The Optimistic Mind**

Optimistic athletes foster confidence in their ability and efforts by believing that their success in the present will continue to ensure success in the future. This is known as stable attribution.

**Watch:** clip 3 of “Remember the Titans” (2:12)

*In this clip, what evidence do you see of stable attribution?*

**Inside-Out Coaching Point:** Optimistic athletes are skilled (taught by coach) at recognizing how every failure is an opportunity in disguise.

**The Jesus Way**

While an optimistic mind-set can indeed foster a certain level of self-confidence, a Biblical mind-set can boost confidence levels to a whole new realm. With a Biblical mind-set, confidence isn’t bound by the limits of an individual’s perceived ability. Rather, it is expanded to include the realm of the humanly impossible based on the promises of God. With this mindset, it isn’t “self-confidence,” it is “God-confidence.”
How can a firm belief in the truth of this promise effect an individual’s level of confidence?

This promise is made to “those who love God.” What do you think it means to “love God”? (Discuss & read John 14:21, Matthew 22:36-40, Matthew 5:43-45)

Romans 8:28 also makes the distinction that this verse applies to those who are “called according to His purpose.” Based on the verses above, what one word sums up the purpose of God?

Do you think God has an interest in seeing the entity of sports help to accomplish this purpose? Why?

Summary

As a coach, it is important to create an environment in practice and during the off-season where success is attainable for your athletes. This will allow them to build upon each success incrementally, while observing their peers achieve success as well. All the while, never underestimate the power of the words you speak as a coach. Ephesians 4:29 says, “Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” In other words, don’t corrupt your athletes confidence with your words...build it!

Naturally, your athletes will “own” the aspects of their game where they succeed. But they will often “disown” their failures by blaming external factors for their short-comings. As a coach, do not allow this. Instead, help them to see how every short-coming can be turned into a short-cut towards their desired goal if they learn from their mistakes and see how even the negative can work for the positive with the right attitude.

A lack of confidence is essentially a fear of failure. Fear paralyzes, but faith mobilizes. Faith in Romans 8:28 will mobilize coaches and athletes alike to pursue their goals with reckless abandon in an attitude of love, knowing that regardless of the results, God will cause them to work together for their good in the end… no matter what. Now that’s confidence!

Closing Prayer

“Lord Jesus, grant us the grace to rely on your promises as the source of our confidence as opposed to our own abilities. Help us to instill that same sort of confidence in You, into the lives of our families and teams. Amen.”
Week 3: Intensity

Watch: clip of “The Rookie” (4:20)

In the “Zone”

In sports, the “zone” can be described as that special place where performance is exceptional, consistent, automatic and flowing. An athlete in the “zone” is able to ignore all the pressures and let his or her body deliver the performance that has been learned so well. In the “zone,” competition is fun and exciting.

*What was the greatest individual performance you have ever witnessed in an athletic competition?*

*Share a time when you found yourself in the “zone” during an athletic competition. Describe that experience.*

As coaches, if we want to help our athletes find that place where competition is fun and exciting while performance is exceptional and consistent etc., it is important to understand some things about *intensity*.

**Defining Intensity**

Intensity, as it pertains to sports, can be defined as great energy, strength, concentration, vehemence, etc. as of activity, thought, or feeling. With the increase of intensity comes an increase in heart rate, glandular activity, and blood flow (physiological activation) along with an increase in motor redundancy (behavioral responses). The effect these increases have on a performance can be either positive or negative based on the athletes’ perception of the events (emotional responses).

<table>
<thead>
<tr>
<th>Positive Perceptions</th>
<th>Negative Perceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maintained or Increased Confidence</td>
<td>Fear</td>
</tr>
<tr>
<td>Increased Motivation</td>
<td>Muscle Tension</td>
</tr>
<tr>
<td>Increased Strength</td>
<td>Breathing Difficulty</td>
</tr>
<tr>
<td>Increased Endurance</td>
<td>Loss of Confidence</td>
</tr>
<tr>
<td>Keen Sensory Acuity</td>
<td>Reduced Coordination</td>
</tr>
</tbody>
</table>
Achieving the “IZOF”

The goal of every coach should be to help their athletes achieve their own personal “IZOF” (Individual Zone of Optimal Functioning). If an athlete is emotionally under-aroused or over-aroused, the result will likely be a poor performance. The optimal response should fall into the moderate category, where the level of intensity doesn’t control the performance, rather the athlete controls their intensity and uses it to their competitive advantage.

* Share some ideas of how you have tried to increase the level of emotional arousal of your athletes who have lacked intensity at practice and/or competition.

* Share some ideas of how you have tried to decrease the level of emotional arousal of your athletes who have been over-hyped at practice and/or in a competition.

**Causes of Over Intensity**
- Lack of confidence—Feel threatened to perform in a competitive situation
- Internal Focus—Negative thoughts lower confidence, focus on outcome verses the process
- External Focus—Parents, coaches, friends and social expectations

**Causes of Under Intensity**
- Over confidence—Perceptions of superiority over opponents
- Low motivation—Lack of desire
- Physical cause—Fatigue and over training

*Inside-Out Coaching Point:* “The most distinguishing feature of winners is their intensity of purpose.” - Alymer Letterman

**The Jesus Way**

Jesus Christ experienced what is likely the most intense situation any human has ever faced, as He prayed in the Garden of Gethsemane prior to His execution for the sins of the world.


The reality of what Jesus was about to face was so intense that “His sweat became as great drops of blood.” Whether He literally sweated blood (a medical term called hermatidrosis) or simply sweated profusely under the felt pressure, it is interesting to note that even the Son of God had a physical reaction to the level of intensity He was emotionally experiencing as He contemplated the cross.

*Watch:* “The Weight of the Cross” (1:50)
Earlier we read how the increase of intensity brings an increase in heart rate, glandular activity, and blood flow (physiological activation). And the effect these increases have on a performance can be either positive or negative based on the athletes’ perception of the events (emotional responses).

Review the “Positive/Negative Perception” table on page 12. Do you think Jesus’ emotional response to what He was facing was positive or negative? Why?

According to these verses, how did Jesus overcome the intense pressure He faced, to “perform” at the maximum level He needed to in order to achieve His objective?

What does this verse encourage us to do in order to help us overcome the intense pressures we face in life? Why?

If there was ever a time in history where it was critical for a human being to perform at the “IZOF,” it was when the entire hope for humanity’s salvation and restoration depended solely on the ability of Jesus Christ to successfully “perform” the works of salvation on the cross. As He prayed the night before His crucifixion, the intense pressure was so great that He sought the Father for another route to achieve His goal of redeeming humanity (Luke 22:42). He easily could have perceived this intense anxiety in a negative way, and lost all confidence to courageously proceed toward winning our “championship” over sin and death. But, He overcame these negative perceptions and fears by focusing on the purpose for His suffering. Simply put, He fully understood the truth behind the old adage that strength coaches love to boast… “No pain! No gain!”

A key to controlling emotional responses to intensity is purpose. If our athletes can see the purpose of sports beyond the scoreboard, they will more than likely have no problem “getting up” for competition. But purpose can also be a key to counter-balance the problem of over intensity as well. If the purpose of sports can be defined as a vehicle to help correctly develop the mind, body and spirit of athletes into God’s ideal standard, any one particular event will not be so important to the overall process that over intensity hinders their performance in the moment.

A key to controlling emotional responses to intensity is purpose. If our athletes can see the purpose of sports beyond the scoreboard, they will more than likely have no problem “getting up” for competition. But purpose can also be a key to counter-balance the problem of over intensity as well. If the purpose of sports can be defined as a vehicle to help correctly develop the mind, body and spirit of athletes into God’s ideal standard, any one particular event will not be so important to the overall process that over intensity hinders their performance in the moment.

Summary

A key to controlling emotional responses to intensity is purpose. If our athletes can see the purpose of sports beyond the scoreboard, they will more than likely have no problem “getting up” for competition. But purpose can also be a key to counter-balance the problem of over intensity as well. If the purpose of sports can be defined as a vehicle to help correctly develop the mind, body and spirit of athletes into God’s ideal standard, any one particular event will not be so important to the overall process that over intensity hinders their performance in the moment.

Watch: “What is God’s Purpose for my Life” (6:47)
Week 4: Focus

Watch: clip of “Miracle/Remember the Titans” (0:50)

The Basics of Focus

As we learned last week, an athlete’s performance is at its peak when he/she has achieved an optimal level of intensity. This is due partly to the fact that an athlete must attain an optimal level of intensity in order to properly focus. Other critical constraints for an athlete to focus include:

Skill Acquisition: The athlete must master one skill in order to be able to start mastering the next.

Automated Performance: The skill needs to become “second nature.”

What do you do to help your team focus on the basics/fundamentals of your sport as part of your every day practice plan?

When you get behind in a competition, do you get more complex or more basic? Why?

Inside-Out Coaching Point: “The key to winning baseball games is pitching, fundamentals, and three run homers.” - Earl Weaver

Strategies for Coaching Focus

The following strategies have been found to help develop focus in an athlete.

Give some examples of how you can implement the following focus strategies into your coaching plan:

- Help your athletes establish a pre-performance routine
- Practice in less than perfect conditions
- Practice pressure situations where athletes need to know exactly how to respond in certain scenarios
- Encourage your athletes to visualize success (positive imagery)
The Origin of Focus

The word focus can mean many things to many different people. By simply looking up the definition in a dictionary, you will discover this word can be used as a noun in the realm of physics, optics, geometry, or geology. As a verb, it can describe what one does with a camera lens, or with their own thoughts. Interestingly, the word “focus” originates from the Latin language between 1635-1645, and it was used in reference to a fireplace or a hearth.

*How would you define focus?*

*Why do you think that a word referring to a fireplace has evolved over time to mean what it does today?*

*What insight does an understanding of the origin of the word focus give towards helping you to understand your athletes’ ability to focus?*

**Inside-Out Coaching Point:** “The key to success is to focus our conscious mind on things we desire not things we fear.” - Brian Tracy

“Take delight in the LORD, and he will give you the desires of your heart.” — Psalm 37:4 (Focus on Him and let Him put the “fire” in your “fireplace.”)

The Now and the Not Yet

Athletes are capable of focusing on and responding to significant amounts of information, but they will reach a point where they can neither attend nor react to more information (The Balloon Theory).

One way of eliminating unnecessary information is for an athlete to remain concentrated on the “now, and the not yet.” In the present moment (now), their focus should remain on the task at hand as opposed to their past mistakes or future results. At the same time, their motive for an intense focus on the present task should be their strong desire for the finished work of the process, not merely the immediate result of their present actions. In other words, they are focused on the task at hand **NOW**, because they are focused on the goal that has **NOT YET** been fully completed.

*How can a focus on the process as opposed to the outcome contribute to an athlete’s success on the field of play?*

*How can a focus on the outcome as opposed to the process hinder an athlete’s ability to perform in the moment?*
Leading up to His crucifixion, Jesus spent an estimated 3 years ministering to people in the region of Galilee in northern Israel. Central to His message was the coming of the “Kingdom of God,” and how it is now present among us.

Read Matthew 3:2; Matthew 4:17; Mark 1:15

Do these verses lead you to believe that the Kingdom is present or future?

Read Matthew 24:3-9

Do these verses lead you to believe that the Kingdom is present or future?

Summary

The Kingdom of God is both “now, and not yet.” With the first coming of Jesus Christ, the Kingdom of God was inaugurated, and the door was opened wide for all people who would willfully enter the Kingdom by faith in Jesus, being baptized in His name, and obedience to Jesus here and now in this current age. With the future return of Jesus Christ will come the full manifestation of His Kingdom. At that time, every knee shall bow and every tongue confess that Jesus Christ is Lord. Currently however, we find ourselves living in an overlap of the two ages, between His first and second coming. This present age may be best compared to the twilight hours of dawn, where it is neither fully night, nor fully day. To those of us living in this overlap of ages, Jesus gave some specific instructions for what we are to focus on as we live our lives in the tension of the “now, and not yet Kingdom.” The Great Commission recorded in Matthew 28:16-20, gives us a pattern of focus to follow as we live our lives now, being ever mindful of what is to come.

Read Matthew 28:16-20

A healthy way to focus must balance the “now, and the not yet.” For a Christian, an over-emphasized focus on the “not yet” becomes spiritual complacency in the “now.” And an over-emphasized focus on the “now” leads to mixed up priorities. The same is true for an athlete. They must be fundamentally skilled (discipled) to perform during competition, yet consciously mindful of the process of transformation that is taking place, and not just the outcome on the scoreboard. If this can be accomplished, the temporary failures or successes experienced in each competition, will not be enough to draw their focus away from what is necessary to progress towards the ultimate goal of sports… success in life.

Closing Prayer

“Lord Jesus, give us eyes to focus on becoming like you here and now, so we will be more prepared for your Kingdom when it fully arrives at your second coming. Amen.”
Week 5: Emotions

There is nothing like sports that put on display the whole range of human emotion. The thrill of victory, the agony of defeat, and everything in between is regularly felt on athletic fields across the nation and around the world.

Emotion—any strong agitation of the feelings actuated by experiencing love, hate, fear, etc., and usually accompanied by certain physiological changes, as increased heartbeat or respiration, and often overt manifestation, as crying or shaking.

Although there are many things that cause emotional responses, in sports emotion is often the response to performance. Emotion influences sport functioning in the following ways:

- **Physiologically** (ex: Crying)
- **Psychologically** (ex: Loses Focus)
- **Behaviorally** (ex: Pouts, Rants, Wimps-out)

Jonatan Mårtensson is often quoted as saying, “Feelings are much like waves, we can't stop them from coming but we can choose which one to surf.” Do you agree or disagree with this statement? Why or why not?

**Inside-Out Coaching Point:** “Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.” - Brian Tracy

Pleasant vs. Unpleasant Emotions

Emotions can be categorized as either pleasant or unpleasant. Pleasant emotions are characterized by the positive descriptions of excitement, joy, exhilaration etc. Unpleasant emotions are characterized by negative descriptions like frustration, anger, fear, disappointment and the like. But it is important to note that positive emotions don’t always lead to improved performance, and negative emotions don’t always hurt performance. The “Emotion Matrix” looks something like this:

<table>
<thead>
<tr>
<th>Pleasant—Helpful</th>
<th>Pleasant—Harmful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unpleasant—Helpful</td>
<td>Unpleasant—Harmful</td>
</tr>
</tbody>
</table>
Gaining Emotional Mastery

A coach’s goal should be to help athletes gain mastery over their emotions so that they can help rather than hurt competitive performances. This begins with a coach’s personal awareness of the emotional response and it’s effects, and then helping the athlete become aware, take control, and practice responding correctly.

Watch: clip of “Chariots of Fire” (4:07)

In this clip demonstrating “Pleasant—Helpful”, pleasant emotions of excitement, exhilaration, and joy etc. can help an athlete’s pursuits in the following ways:

- Goal Pursuit (Motivation)
- Increases Confidence
- Regulates Intensity
- Directs Focus

*Share some ideas about how a coach can purposely bring pleasant-helpful emotions out during practice / competition?*

Watch: clip of “Miracle” (1:16)

In this clip demonstrating “Pleasant—Harmful”, the pleasant emotions experienced actually led to satisfaction and complacency for the athletes. In cases like this, pleasant emotions can harm an athlete’s performance in the following ways:

- Sense of Completion (reduces motivation)
- Decreases ability to focus
- Reduces intensity for optimal performance

*Share some ideas about how a coach can address the issue of “Pleasant—Harmful” emotions when they are evident in the life of an athlete.*

Watch: clip of “Remember the Titans” (5:06)

In this clip demonstrating “Unpleasant—Helpful” emotions, the coaches and athletes used the short-term anger and frustration to fuel their competitive fire. Negative emotions (if controlled) can actually help performance in these ways:

- Triggers Motivation to Clear Obstacles
- Elevates Intensity (if needed)
- Increases efforts to regain confidence
- Distracts athletes from pain

*Share some ideas about how you have helped your athletes channel their negative and unpleasant emotions towards a positive response on the athletic field.*

Watch: clip of “A League of Their Own” (1:26)
In this clip demonstrating “Unpleasant—Harmful”, the negative emotions hinder the athlete from a peak performance. Negative emotions like fear, desperation, panic, rage, long-term anger, embarrassment, shame, guilt, distress, and/or sadness can harm performance in the following ways:

- **Raise Intensity Level Too High (Hinders technical and tactical execution)**
- **Can cause a physical and psychological shutdown**

  *Share some ideas about how a coach can create an environment that reduces these unhelpful emotions as much as possible?*

### The Jesus Way


Jesus makes it very clear in Luke 9:23 that the “Jesus Way” is the way of the cross. The cross provides a way to master the art of self-control (including control of our emotions), by practicing the art of self-denial. The culture we live in shapes us in a certain way that enables us to perceive everything around us through the lens of “self.” Jesus exposes that the lens of “self” is a false paradigm to view our world through, and He invites us to follow Him in a life of self-sacrificing love. And remember, the cross is never the end for the believer who follows Jesus, there is always a RESURRECTION!

In Romans 12:1-2, Paul connects the idea of how living a self-sacrificed life has a transforming power over our minds to think and act like Jesus. Thinking like Jesus will produce a life full of emotional health (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control). Through the mind renewing power of the cross, and the transformative power of God’s word (the Bible), it is possible for our minds to be renewed to the point that our emotional responses are healthy because our perspective is not seen through the lens of “self,” but through the truth of God’s word.

### Summary

Simply put, emotion is the overflow of the heart. Pleasant and unpleasant emotions will certainly come, but our ability to control them is directly associated with our state of mind and perspective of them. Jonatan Mårtensson said, “Feelings are much like waves, we can't stop them from coming but we can choose which one to surf.” By renewing our minds according to God’s Word and God’s Way, we can surf every emotional wave all the way to the shore of grace where every pleasant and unpleasant emotion work together for our good because of our proper response to them.

### Closing Prayer

“Father God, may we rest in your promise that You’ll cause all things to work together for our good, as we love You and remain faithful to Your call on our lives. May our emotional responses be rooted firmly in Your love for us. Amen.”
Week 6: Mental Imagery

Watch: Laura Wilkinson: Olympic Dreams (2:49)

In the video, Laura describes a time during her training when the vision of success became very blurry. Consequently, her physical performance was negatively effected by a fuzzy picture of what she was trying to accomplish.

Mental imagery is defined as: using various structured mental practice techniques that use many senses to recreate an athletic performance as a means of enhancing performance in training and competition.

Do you ever practice mental imagery? In what ways?

Brainstorm a specific pre-game procedure that you can implement to allow your athletes to take advantage of mental imagery.

Watch: The Legend of Bagger Vance (3:15)

Psychoneuromuscular Feedback

Psychoneuromuscular feedback is a type of mental imagery where athletes imagine themselves performing a skill, and the brain sends innervations (muscle movement commands) to the same muscles used in the actual movement. In this theory, it is thought that the motor patterns which are generated during imagery practice are the same as those used for physical practice.

Watch: The Blind Side (4:20)

Symbolic Learning

Symbolic learning is a type of mental imagery that helps athletes learn and focus on key aspects of the skill thus reducing distractions before and during execution. This differs from the psychoneuromuscular feedback theory in that instead of imagery working due to muscle activation, the mental imagery works from the opportunity to practice the symbolic elements of a motor task. Therefore, it is assumed that the learning obtained from imagery relates to cognitive learning.
The reason mental imagery works for athletes lies in the fact that when they imagine themselves performing to perfection and doing precisely what they were taught, they are in turn physiologically creating neural patterns in their brains, just as if they had physically performed the action.

What are some things that athletes need help with from a coach in order for proper mental imagery to take place?

The Jesus Way

Read Proverbs 14:12 & John 14:6

In your own words, what is Proverbs 14:12 communicating to us?

Proverbs 14:12 exposes humanity’s need for much outside coaching. Left to ourselves, we will not correctly figure out this thing called “life.” Eventually, our ways always lead to death in the end. If we want to get a picture of the proper image of what humanity is supposed to look like, we need to look no further than the person of Jesus. His life was the one human life that didn’t end in death. With Him as our model, we have the capacity to visualize what “life done right” looks like, and then participate in the true way to live (John 14:6).

How can mental imagery tactics be applied to our spiritual lives?

How does reading the Bible help us practice “spiritual mental imagery?”

How does attending church help us practice “spiritual mental imagery?”

Summary

Remember, a coach’s primary responsibility is to help an individual or a team get to a level that they cannot get to by themselves. As it pertains to mental imagery, hopefully you are helping your athletes develop a clear picture of what success looks like on the athletic field. You cannot expect your athletes to reap the benefits of mental imagery if they are casting the wrong images in their mind of what must be correctly done in order to succeed. They must be taught correctly, and then they can visualize correctly. In the same way, Jesus’ life provides the image that we need to reflect in order to succeed over our greatest foe… death.

Closing Prayer

“Lord Jesus, help us to look unto You in order to get the proper mental image of what “life done right” looks like. As we meditate upon Your true way to live, may we find the grace to follow in Your footsteps in every aspect of our lives. In Jesus’ name, Amen.”
Week 7: Goal Setting

Watch: clip of Colt McCoy Interview (1:32)

In order to coach in the 2nd Dimension, with the intent of capturing the hearts of your athletes, it is important that your goals are not entirely based in the 1st Dimensional aspects of your sport. As important as strength, power, cardiovascular, speed, quickness, technique, repetition, and tactics are to your ability to succeed, goals centered on these alone will not guarantee success on the field, let alone in life. With that said, there are three types of goals psychologists have focused particular attention on in their studies, and we will look briefly at them in this study as well.

**Outcome Goals** concentrate solely on the desired results of a competition. They focus attention on comparing an athlete or team to others, and defeating them. These types of goals are for the most part out of the control of the individual or team.

**Performance Goals** focus on an athlete’s actual performance in relation to their own standard of excellence. Unlike outcome goals, these types of goals do not involve a comparison of the athlete with their competition, and therefore are under the athlete’s control.

**Process Goals** focus on improving form, strategy, and other processes an individual must go through during a task to perform a skill successfully.

---

**Inside-Out Coaching Point:** “Be perfect as your heavenly Father is perfect.” - Jesus Christ (Matthew 5:48)

“If you want to be great, if you want to try to be perfect, you’ve got to focus on the process and not on the outcome.” - Colt McCoy

---

In the blank to the right of each example, categorize each goal as Outcome, Performance, or Process.

- Winning a state championship ______________________
- Running a personal best time in the 100 M Dash ______________________
- Defeating your cross town rival ______________________
- Keeping your elbow in while shooting a free throw ______________________
- 100% team attendance at summer workouts ______________________
- Hitting above .300 for the season ______________________
What are some of the potential downfalls of focusing too much on outcome goals alone?

Why Goals Work

Studies have shown that goals work for a number of reasons. Goals provide motivation, directing an individual’s attention to the task and relevant cues in an athletic environment. Also, goals help regulate behavior, including thoughts and emotions. For goal setting to work, there should be specific, measurable and time targeted objectives.

Studies have also shown that there are powerful byproducts of writing your goals down. One famous study from Yale in 1953 showed that the 3% of Yale graduates who had taken the time to write their goals down, years later had accumulated more wealth than the other 97% of the class combined. Statistics show that only 2% of Americans actually write their goals down. Are you in that 2%?

**Read:** Habakkuk 2:2

*What 2 things did God instruct Habakkuk to do with regards to the vision (goal)?*

*What are some of the benefits to writing down your goals?*

**Inside-Out Coaching Point:** “First you write down your goal; your second job is to break down your goal into a series of steps, beginning with steps which are absurdly easy.” - Fitzhugh Dodson

The Jesus Way

**Watch Amena Brown’s “In the Beginning”**

Amena Brown’s poetic monologue about Jesus’ life, death and resurrection begins with a creative summary of John 1:1-14. This passage helps us to see who Jesus is in relation to God’s ultimate goal for humanity. Here, Jesus is revealed as the “Word (of God) made flesh.” In other words, His life perfectly demonstrated the goal of God for all of humanity. He was and is the prototype human. And based on His atoning sacrifice for our sins, He provides the way for God to achieve His primary goal of being a Father with an eternal family, as indicated in John 1:12-13.

*When you hear the phrase, “The Word of God,” what comes to your mind?*
If you answered “the Bible,” you are correct. The Bible is the inspired Word of God, brought to us through the Church. But if you answered Jesus, you are correct as well. In fact, when you hear the phrase, “Word of God,” it might be helpful to first think of the person Jesus before you think of the Bible. This will help you better understand the purpose of the Bible, which is to reveal Jesus to us.

When you hear the word “sin,” what comes to your mind?

Read Romans 3:23 & Romans 6:23

The word for sin in Romans 3:23 is the Greek word hamartanō, and it means to “miss the mark.” If God’s goal for humanity is eternal life with Him, then missing that mark can only mean death. But... Romans 10:13 says, “Whoever will call on the name of the Lord will be saved!”

Summary

Outcome goals are important to recognize and establish, because they can help us identify which process goals and performance goals we need to implement. But, an unhealthy overemphasizing of (or obsession with) outcome goals will never lead to what we desire. Outcome goals are completely out of our control. A focus on what is under our control will reveal the action steps that need to be taken to get us near to the end we are after. And writing our goals down is the best first step to seeing dreams become reality!

Likewise, God writes His goals down. The Bible contains God’s primary goal for humanity, because it correctly identifies and reveals the person of Jesus Christ, who is the perfect picture of what He is after in all of us. As we read, meditate, think about, and reflect upon the written word, it reveals to us the Word made flesh, Jesus. And the good news is that Jesus perfectly achieved the outcome goal of eternal life for us as we believe in Him, confess Him as Lord, seek to obey His commands, and unite to Him through His body the Church. We do our part by focusing on the process goals and performance goals as revealed in Scripture, and we trust the outcome goal of salvation to Him, the One who defeated death.

Do most of the athletes you coach focus more on outcome goals or performance & process goals?

Do most of the Christians you know focus more on outcome goals (Heaven after death) or process goals and performance goals (discipleship)?

Closing Prayer

“Lord Jesus, reveal Yourself to us. Help us to see You as the Way, the Truth, and the Life … the true way to live. May we focus our lives on the process of discipleship, and may we trust the outcome of our eternal life to Your finished work on the cross and on the integrity of your promises. Amen.”
Team cohesion is defined as a dynamic process that is reflected in the tendency of a group to come together in pursuit of it’s goal (Carron). We all know how to recognize it when we see it and feel it, but how do we coach it? This study is designed to help each of us lead all of our athletes and teams to a “we instead of me” mentality.

Describe the most unified team you have ever been a part of?

As part of that team, what were your primary motives to give your best efforts?

As a social psychological topic, team cohesion ranks as a very important factor for enhancing both team performance and feelings of satisfaction among team members. In order to understand how this is accomplished, one must understand the different dimensions associated with team cohesion.

The Group Dimension focuses on the unity that the team expresses toward a common goal. The emphasis is on the functions of the group without regard to concerns for its individual members.

The Individual Dimension focuses on the particular concerns of individual team members. It also considers the roles and responsibilities of team members and their feelings about their place on the team.

The Task Dimension looks at how well the team members perform to a measured goal (usually physical).

The Relational Dimension refers to the relationships within the team.

The following matrix provides a picture of what the different dimensions of team cohesion are.

<table>
<thead>
<tr>
<th>Group-task</th>
<th>Group-relational</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual-task</td>
<td>Individual-relational</td>
</tr>
</tbody>
</table>
**Individual-task:** The extent to which the individual’s action & those of the group as a whole are coordinated to achieve its goal.

**Group-task:** The way the group as a whole functions to achieve its goals.

*What do you do in your daily practice plan to develop individual and group task?*

---

**Watch:** clip of Remember the Titans (1:09)

**Individual-relational:** The quality of the individual members’ relationship within the team.

*What can you do in your daily practice plan to help your athletes better connect with each other?*

---

**Watch:** clip of Remember the Titans (6:38)

**Group-relational:** The general quality of the relationship of the group.

*What kind of event (group social) can you plan that will facilitate the development of group cohesion among your athletes?*

*What are some of the most destructive things that can happen to create disharmony on your teams, and how can you help to avoid them?*

---

**The Jesus Way**

In the environment of sports, competition can be a good thing when it encourages excellence, directs us into certain areas of passion, and when it enhances the performance of all participants, not just the winners. But competition can be a recipe for hostility as well, even between members of the same team.

By definition, not everyone can win a contest. If one athlete wins the starting spot on a team, another does not. If one athlete is called on to take the game winning shot, another is not. This means that potentially, athletes may easily come to regard their teammates as obstacles or hindrances to his or her own success. If this happens on a team, and a corrective course of action is not made, team unity will be replaced by disorder and every vile practice (James 3:16).
Read Mark 12:28-32

_In a competitive environment like sports, what does it look like for an athlete to love his/her neighbor as himself/herself?_

Two different Greek words are translated as “love” in the New Testament, and they have more specific meanings than our English word “love.”

**Agapao (verb) and agape (noun):** This is the “Christian love” of the Bible. It means affection, benevolence, good-will, _high esteem_ and concern for the welfare of the one loved. It is deliberate, purposeful love rather than emotional or impulsive love.

**Phileo (verb):** This means to love in an impulsive and emotional way.

_How can you create an environment on your team where your backups feel agapao by your starters?_

**Inside-Out Coaching Point:** “A group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others.” - Norman Shidle

**Summary**

Team cohesion is entirely possible amongst a group of athletes if a coach can successfully create an environment where relationships flourish. The group’s and the individuals’ ability to perform the tasks necessary for success is directly related to how the group and the individuals rightly relate to one another.

Jesus Christ gives us the high call to love God with everything we have, and to love our neighbors as ourselves. This type of love is not the emotional feeling that gets aroused when we see something/someone we desire. Rather, it is a deliberate choice to highly-esteem and confer dignity on all whom we encounter, because they too are created in the image of God and are worthy of our respect and honor.

Remember, just as hostility will breed more hostility… this type of love will reciprocate as well. Make sure you are creating an environment of agapao!

**Closing Prayer**

“Lord Jesus, help us to love like You do. For we know there is no cohesion like the love of God, which binds us together in perfect unity. Amen.”
For the past 8 weeks, we have looked at 8 different “2nd Dimension” topics designed to help you capture the hearts of your athletes. Hopefully, you have gotten some great ideas about how you can continue to build your programs by implementing the principles we have looked at and discussed.

Our ultimate hope however, is that something has awakened deep within you. We hope you are beginning to realize, now more than ever, the impact you can have as a coach on the lives of so many people. We hope you are asking yourself the same questions that Coach Moore posed on the video we just watched: “How are these kids going to remember you?” And, “Is it going to be a plus, or is it going to be a minus?”

**Becoming vs. Doing**

If you want to be a 3rd Dimensional coach, there are two primary things that need to take place to leave the legacy you desire. One involves what you can DO, and the other has to do with who you BECOME.

*Do you think that God is more concerned with what you do or who you become? Why?*

*What are your thoughts about this statement? “What we DO for Jesus should be energized by the reality that we are BECOMING like Him.”*

*Would you rather coach an athlete who has a great performance (doing) every now and then, or an athlete who is consistently striving to be the very best he/she can be by seizing every opportunity with a great attitude and effort (becoming)?*

*Which term better describes your walk with Jesus: doing or becoming?*

**Inside-Out Coaching Point:** “Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” - John Wooden
The Journey of Becoming

FCA has a name for coaches who become “3rd Dimensional” coaches. We refer to these coaches as “r12” coaches. An “r12” coach is an authentic disciple of Jesus Christ as defined by the book of Romans in chapter 12. Romans chapter 12 defines this type of mature believer as:

1. Surrendered to Christ
2. Separate from the world’s values
3. Sober in self-assessment
4. Serving in love
5. Supernaturally responding to evil with good

Obviously, the process of becoming this type of authentic disciple of Jesus Christ will not happen over night. But, we will never arrive there if we don’t take the first step! The road towards becoming an “r12” coach, begins with traveling down something commonly known as the “Romans Road,” which punctuates certain basics of the Christian faith by looking at particular scriptures outlined for us by the Apostle Paul in the first 10 chapters of the book of Romans.

Read the following verses along the Romans Road


Have you traveled far enough down the “Romans Road” to the place where you have made the decision to confess Jesus Christ as your Lord and Savior? Would anyone like to take the step of faith?

Does saying a prayer, confessing a creed, being baptized, being confirmed, taking a class etc. alone equate to the spiritual maturity Paul is encouraging us to pursue in Romans 12 (abbreviated in the 5 bullet-points above)?

While confessing with your mouth and believing in your heart that Jesus is the risen Lord and Savior is the first step in becoming a Christian, far too many Christians don’t travel any further down the “road” than Romans 10:13. They approach verse 13 as the finish line, when in fact it is only the starting line. So what’s next? For our purposes, let’s travel down the “Romans Road” a bit further to chapter 12.

Inside-Out Coaching Point: You can't be like Jesus without practicing any more than you can get in shape by simply watching exercise DVDs.

Watch: r12 Coach Introduction (0:54)

“r12” is a guided pathway from a coach’s perspective based on Romans chapter 12. In Romans 12, the Paul begins outlining the personal and practical application of the doctrine he lays out in Romans chapters 1-8. Paul describes the Christian life in five categories: relationship with God, relationship with the world, relationship with ourselves, relationship with others, and relationship with enemies.
Will you commit to the **process of becoming** more like Jesus by participating in our r12 Coach study next semester?

**Disclaimer**—The Fellowship of Christian Athletes is a national ministry serving the purpose of the Church. FCA recognizes that the Church is God’s design for long-term growth and encouragement. Get plugged in!

**Inside-Out Coaching Point:** “A Christian without a church is like an athlete without a team.”

**The Doing**

While the Bible seems to indicate that God is more interested in **who we become internally** as opposed to merely **what we do externally**, it is also very clear that we do need to be doing good works as an outward expression of our inner faith. *So, as a coach, what can we do?*

**Read:** Matthew 28:16-20

In this passage, Jesus gives us the charge of going forth with the intent of making disciples of all nations. This includes the nation of sports.

*As a coach, what are some effective ways you can contribute towards helping Jesus fulfill His commission of making disciples?*

*As an employee in a state-run institution, what fears and anxieties do you have about being too public with your faith?*

**Creating the Atmosphere**

The political correctness of our age and the fear of being sued/fired are real possibilities, and coaches should be mindful of the boundaries set forth by their administrations. One thing that you **CAN DO** as a coach however, is to create an environment for students to lead the charge on your team/campus. FCA specializes in coming alongside coaches who want to make a difference on their team, by training and equipping student-leaders to facilitate ministry on a campus, thus satisfying the requirements of the Equal Access Act passed by Congress in 1984.

*List some ideas of how a coach can create an environment for the student-leaders to impact teams/campuses through FCA.*

**Watch:** EXCELeration Leadership Training Camp (2:25)

**Read the Coach’s Mandate as a closing prayer**
THE COACH’S MANDATE

Pray as though nothing of eternal value is going to happen in my athletes’ lives unless God does it.

Prepare each practice and game as giving your “utmost for His highest.”

Seek not to be served by my athletes for personal gain, but seek to serve them as Christ served the church.

Be satisfied not with producing a good record but with producing good athletes.

Attend carefully to my private and public walk with God, knowing that the athlete will never rise to a standard higher than that being lived by the coach.

Exalt Christ in my coaching, trusting that the Lord will then draw athletes to Himself.

Desire to have a growing hunger for God’s Word, for personal obedience, for fruit of the Spirit and for saltiness in competition.

Depend solely upon God for transformation – one athlete at a time.

Preach Christ’s word in a Christ-like manner, on and off the field of competition.

Recognize that it is impossible to bring glory to both myself and Christ at the same time.

Allow my coaching to exude the fruit of the Spirit, thus producing Christ-like athletes.

Trust God to produce in my athletes His chosen purposes, regardless of whether the wins are readily visible.

Coach with humble gratitude as one privileged to be God’s coach.

The Competitor’s Creed

I am a Christian first and last.
I am created in the likeness of God Almighty to bring Him glory.
I am a member of Team Jesus Christ.
I wear the colors of the cross.

I am a Competitor now and forever.
I am made to strive, to strain, to stretch and to succeed in the arena of competition.
I am a Christian Competitor and as such, I face my challenger with the face of Christ.

I do not trust in myself.
I do not boast in my abilities or believe in my own strength.
I rely solely on the power of God.
I compete for the pleasure of my Heavenly Father, the honor of Christ and the reputation of the Holy Spirit.

My attitude on and off the field is above reproach - my conduct beyond criticism.
Whether I am preparing, practicing or playing;
I submit to God’s authority and those He has put over me.
I respect my coaches, officials, teammates and competitors out of respect for the Lord.

My body is the temple of Jesus Christ.
I protect it from within and without.
Nothing enters my body that does not honor the Living God.
My sweat is an offering to my Master. My soreness is a sacrifice to my Savior.

I give my all - all of the time.
I do not give up. I do not give in. I do not give out.
I am the Lord’s warrior - a competitor by conviction and a disciple of determination.
I am confident beyond reason because my confidence lies in Christ.
The results of my efforts must result in His glory.

Let the competition begin.
Let the glory be God’s.