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Champion Coach Note: Joy

JOY TO THE WORLD!

It goes without saying, but, WOW! Sports are so much fun! Nothing quite gets me going like a great run. Feeling the ground beneath me just pass behind, hearing my heart pound, and moving almost effortlessly is the reason I do it. The satisfaction of doing something good for my health and calming for my soul is enough to make me want to shout for JOY!

The same can probably be said of you, with whatever sport you are involved with. Maybe you know what it feels like to hit that first golf ball down the middle of the fairway, or you remember what it sounds like when you hit a fastball on the sweet spot of a bat. We've experienced the come-from-behind wins, and we've made lasting friendships that come from being on a team. We've gathered with friends to watch the big game. We've joined summer softball leagues to make new friends. We've played football with family at Thanksgiving to remind us of our shared history. With all the great things we've learned about sports, we know the main reason we play, coach, and encourage our children to play: JOY.

Sports are meant to be awesome! But do they always end up that way? Don't we let our competitiveness get the best of us sometimes? Don't we occasionally agonize over the perfection of a certain drill at the



"Being, beauty, truth, excellence, transcendence—these words, grown in the soil of play, wither in the sand of work. Art, prayer, worship, love, civilization: these thrive in the field of play"

- Michael Novak

expense of fun? Haven't we let our competitiveness get in the way of just encouraging our children to go out and play? Sure, winning is fun, and developing into a stellar athlete is great, but the reason we've always played sports is just to play sports. The game is victory in itself!

So during this joyful season, let's remember that joy is the reason we play and coach, and let us remind ourselves to live out that belief. Let's make practices fun, let's make sure our players are feeling welcome, and let's make sports a positive memory for our children as they grow.