



## Champion Coach Note: Coaching with Compassion (kindness and goodness)

Last week we concluded our series on the four Cardinal virtues. Today's note will focus on two fruits of the Holy Spirit: kindness and goodness.

The great American author, Mark Twain, wrote, "Kindness is a language which the deaf can hear and the blind can see." An act of kindness transcends language or culture – it has a universal impact. Every individual has a call to holiness – a call to practice virtue and to exhibit kindness and compassion to all.

Ask yourself: do you meet your athletes where they are? Do you love them regardless of how they might act? Do you get to know them, their pasts, their struggles, and their hopes and dreams? Are you simply there for them? Because in the end, it's the small things that count. Mother Teresa said, "Not all of us can do great things. But we can do small things with great love." As a coach, a small gesture, a small token of appreciation, a small indication that you care about your athletes can make a world of difference. The great storyteller, Aesop, wrote, "No act of kindness, no matter how small, is ever wasted." Every action can make an impact. In doing so, you are modeling the fruits of the Holy Spirit and making a difference in the lives of your athletes.

For in the end, as St. Francis of Assisi wrote, "It is in giving that we receive." Your job, as a coach, is to help your athletes become the best versions of themselves. The most loving thing you can do for them is to draw out the goodness that resides in them – not change them, but give them the



Oratory Prep Play Like a Champion High School Partner

**"Compassion is the basis of morality."**

~ Arthur Schopenhauer

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### **Athlete Reflection**

Have your athletes watch the video(s) and reflect on the following questions:

Sammy

Replogle: <http://sacramento.cbslocal.com/2014/02/17/little-player-in-galt-gets-big-chance-on-high-school-basketball-court/>

opportunity to regularly practice and share their gifts.

How have you shown your athletes that you care about them? How have you modeled kindness and goodness? How have you created a team environment that helps your athletes build character? Take the time to write a short note to your athletes. Share a meal with them. Regularly ask them about their days. Take the time to walk with them and let them know what they mean to you, your school, and your community. You have a responsibility to be an agent of kindness and goodness in the lives of your athletes – be sure to act like one.

Sam Kraft: <http://www.youtube.com/watch?v=h3K65fH0vKs&feature=youtu.be>

1. Do I act with compassion and kindness toward my teammates?
2. Do I go outside of myself to get to know my teammates?
3. Do I practice random acts of kindness?
4. Do I try to include all my teammates at events and during training?