



Champion Coach Note: Team Fellowship

Today's coach note is a reflection by Kendall Moore, a Notre Dame Senior, Film, Television and Theater Major and a Linebacker (#8) on the Football Team. Kendall is a student in "Social Foundations of Coaching" taught by Play Like a Champion's program directors. He expresses his personal goal: "Next year I will be a fifth year Senior for the Fighting Irish and want to be the best leader I can be for my teammates and myself." Here is his personal reflection (and advice to coaches) on what strengthens him.

In 2010, I left the comfort of my home in Raleigh, North Carolina to venture to a completely new place in South Bend, Indiana. I grew up in a middle-class African-American family that included my parents and three siblings. I attended a public high school where the majority of the student body was non-white. Moving to South Bend to attend Notre Dame was a huge adjustment for me – socially and spiritually.

The one constant through all of this change was football. I had been playing since I could walk and it was football that brought me to Notre Dame. As talked about in my "Social Foundations of Coaching" class, sports allowed me an avenue to express myself as well as a platform to learn life lessons – to learn about things outside of the sports world. Along the way to Notre Dame, I was blessed to have some great coaches who were also awesome teachers. The combination of sports and these leaders allowed me to learn more about things like organization, responsibility and respect. Looking back on this, I recognize there were times I learned these lessons without even realizing it.



Where there is no vision, the people perish.
~ Proverbs 29:18

Coaches Reflection:
What separates your team from others?
How do you create community on your team? How can you offer Team Fellowship?

My family is built on a solid foundation where having high moral standards and a belief in God was stressed daily. A spiritual avenue that helped me to grow and find deeper meaning and understanding of my faith came during my time with the Notre Dame Football Team. As a member of the team, I was invited to participate in a weekly fellowship experience. Every Thursday during the season, a group of guys met with our Player Development Coach to increase our faith in God and help each other grow spiritually. We would often take stories & lessons from the Bible and then relate them to our lives. We would even use football terminology to increase our understanding of faith and behavior. These sessions were very helpful and worthwhile to me. The group meetings gave me and the other guys an opportunity to get individual attention, to ask questions, and most importantly, to be in an environment where everyone felt comfortable and safe with each other. We didn't worry about being judged.

I believe the fellowship groups allowed for me to grow tremendously as a person. Lately, I've been thinking that if I didn't participate in those sessions, I would not be where I am today. I believe the experience I gained from the football fellowship group has helped me grow mentally, physically and spiritually. I will take the lessons and use them as new foundations to incorporate in my daily life and to one day build my own family upon.

In our class, we often talk about how sports can bring people of all races, genders, and religion together. I think my experience here at Notre Dame is a great example of coaches doing something positive to help grow athletes into men. Using the tall platform they are given to help teach something important that isn't football is something that I think makes Notre Dame unique and a special place. Things like Fellowship separate us from other school communities. Things like this make us champions.