



Coach Note Week 14: Defining Champion

In the dictionary, a champion is, "a person who has defeated or surpassed all rivals in a competition, specifically in sports." However, the true definition of champion actually encompasses much more than just what an athlete does on the playing field. To enhance this discussion for coaches and athletes, below is an acronym created by Kayla McBride (ND Women's Basketball and Student in ND's Social Foundations of Coaching class) to describe each letter in the word 'champion' with a different quality.

Confidence: Champions must have confidence in their individual abilities, in their teammates and coaches, and in the God-given talent that God has graciously given them.

Humble: Champions must respect themselves and their opponents. They must respect their ability and never take it for granted. They should express gratitude to those who assist them in their success and thrive with them.

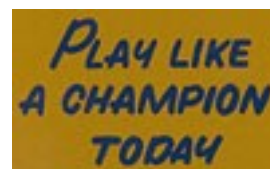
Attitude: Champions must have a positive attitude throughout their career and understand that there will be good and bad days along with wins and losses. They should have a growth mindset and strive to keep getting better and continue to encourage others around them.

Mental Toughness: Sports are physically and mentally challenging. Champions must work to obtain the mental toughness to persevere through the obstacles that will come with the demands of sport. Being mentally tough is a hard task, but those who are able to attain it become successful on the playing field and also in life.

Passion: Champions must have passion for the game. All the hard work and dedication should be done out of the love and pride they have every time they participate in their sport. When athletes go out and love what they do every single day, it makes the game more enjoyable and it also makes it easier to become successful.

Idol: Champions, nowadays, are seen in the public eye much more than ever before. When being a role model, it is important that athletes maintain all those qualities of character that equal being a champion.

Open-Minded: Champions have to be open to new ideas;



"Sport strips away personality, letting the white bone of character shine through. Sport gives players an opportunity to know and test themselves. "

~Rita Mae Brown

they can never settle. Hard work pays off.

Noble: Being a champion becomes more than just athletically performing. Champions must have the noble and morally-just qualities of a champion every day, because that is what will never be forgotten. It is a person's character, not their athletic success, that will always stick out.

In all, being a champion is a task that takes time to achieve. Many people see the athlete for who they are on the playing field, but CHAMPIONS are moral people all the time!

Play Like A Champion Today!