Teri Griege doesn’t let adversity hold her back. Having been diagnosed with Stage 4 Colon Cancer, she decided that cancer wasn’t going to get in the way of her goals. Two years later she completed the Ironman World Championships in Kona, Hawaii. Now she inspires others across the country with her story. Athletes, consider how you can “HOPE”. Perhaps tomorrow’s practice won’t seem quite so hard...

Griege spoke at last year’s Play Like a Champion Leadership Conference. Learn more about the conference and get excited about next year’s event online at www.playlikeachampion.org!

#GivingTuesday is Here!

Getting in the holiday spirit? Please consider a small gift to Play Like a Champion in order to support athlete, parent and coach education in under-served communities across the country. A $5, $10 or $25 donation can make a huge impact. To learn more or consider a donation, click here or see Play Like a Champion’s #GivingTuesday email in your inbox.

Another Way to Give Back...

You can help spread the Play Like a Champion mission simply by making purchases online! By taking part in the Amazon Smile program, a small portion of all purchases you make on Amazon will go to Play Like a Champion initiatives across the country. Simply go to smile.amazon.com and login to your Amazon account or follow the prompts to select Play Like a Champion Today Educational Series, Inc as your charity of choice. Thank you for making a difference!

An Athlete's Prayer

Did you know the Church has an official prayer for athletics?

Pages 437-438 in the English in the Book of Blessings has the prayer but begins with the following information:

1024 This blessing is intended for those who participate in an athletic event. The blessing asks that God may protect the athletes from injury and that throughout
the event they may show respect for one another.

1025 The blessing may be given by a priest, deacon, or lay minister.

The blessing includes an athletically-themed Scripture reading (2 Timothy 4:6-8) and a prayer over the athletes.

According to the text:

1029 A minister who is a priest or deacon says the prayer of blessing with hands outstretched over the athletes; a lay minister says the prayer with hands joined.

Here is the text of the prayer:

Strong and faithful God, as we come together for this contest, we ask you to bless these athletes. Keep them safe from injury and harm, instill in them respect for each other, and reward them for their perseverance. Lead us all to the rewards of your kingdom where you live and reign for ever and ever.

Response: Amen.

Athletes can make this prayer their own or have a coach pray it with them before a game. You might also consider adding your own line or two as well, praying for the opponent and officials or simply asking God to help you glorify Him by using the skills he has given you. Consider reading the short scripture verse above and praying this before your next game!