What is a Champion?

As we begin the new year, it's a good time to evaluate the goals we have for ourselves and our teams. Are we on the path to becoming Champions? In this week's video, a tremendous group of coaches and administrators remind us what it really means to be a Champion.

A Champion's Formula: The GROW Approach

Anyone who has been to a Play Like a Champion Coach Clinic knows that the GROW approach is the key formula for building Champion athletes on and off the field. Based on Self Determination Theory, this approach helps our athletes to be competent, connected and in control - which means they will be more motivated and capable of maximizing their growth and performance in practice and games. Now is a good time to do a quick "check-up" on your application of the GROW components to see where you are succeeding and where you can improve your implementation of this Champion approach with your team!

A Team Prayer

God, we thank you for our practice this coming week and for all the abilities you have given us so that we can play sports. Help us to remember that God created each one of us in his image, so that everyone on the field - no matter who they are or how talented they are - is an image of God. Help us to love each other and work hard so that we can glorify God in all that we do this week. Amen.