



## **Courage**

### **What is Courage?**

**Courage** is the strength to stand up when it's easier to fall down.

**Courage** is the desire to maintain our integrity when it's easier to look the other way.

**Courage** is the will to shape our world when it's easier to let someone else do it for us.

**Courage** is the power to step forward and lead when it's easier to follow the crowd.

### **Why is Courage Important?**

"Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened" - Billy Graham

"He who is not courageous enough to take risks will accomplish nothing in life" - Muhammad Ali

"The greatest barrier to success is the fear of failure" Sven Goran Eriksson

Your courage will encourage your team mates to step up and do better.

Courage allows us to explore new horizons when it's easier to believe what we've been told.

### **What you can do to have Courage**

Convince yourself to do the right thing, even if it isn't going to be easy for you or for others.

Recognize that none of us is perfect. Accept this fact and don't be afraid to keep trying.

Do not listen to what everyone else says about you or your team to discourage you.

Remember to have respect for your team and commit to doing the right thing.

### **Examples of how to show Courage at practice and during games**

Continue to do your personal best even when you are on a losing game or competition.

Be willing to fulfill your assignment even when you think you will not succeed.

Go to practice and work hard even after a tough loss.

Don't give up when a mistake is made on a play or a cheer.

### **What is the opposite of Courage?**

Fear- it stops us from achieving our goals

Don't allow your fear to drain you. You may not be the biggest kid on the team or experienced tumbler on the squad but instead of being scared, be courageous and hit your fear head on!