

HOW YOU ARE MEASURED

You are measured, as a person, by **SIGNIFICANCE** - not by sports victories, championships or trophies.

SIGNIFICANCE will be defined by your character, relationships, values, virtues and faith – not by scores or rankings.

Nobody wins all the time and many never do. If this is how you measure yourself - you will always be unsatisfied.

Ultimately, satisfaction comes only from **SIGNIFICANCE**.

How do we achieve satisfaction – Significance – through volleyball & basketball?

- Embracing the **thrill of competition** without regard of the results.
- **Compete freely** – without a fear of failure. If you do this you will perform to the best of your ability and be satisfied that you gave your best effort, without anything holding you back.
- Every relationship is to be cherished. Embrace the selfless **commitment to team** and teammates – you will find this rewarding.
- Be true to your **values**, outlined by your faith, and you will be respected and admired long after a match, a tournament, a season, a career.

Joshua 1:9

Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.

Philippians 4:13

I can do all things through him who strengthens me.

Corinthians 9:24-25

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

COACH UVEGES – 2014

