

pleasure by doing my best..whatever the results. God to me was not only in the victory but the defeat as well. If I hadn't prayed before competition I have no doubt I would never have reached my potential. I Peter 5:7 "Cast your cares on Him for He cares for you...that always gave me great comfort and allowed me to relax Joshua 1:9 - gave me courage

8. Humility - can humble yourself in and out of any situation

9. Teach the principle of honoring..the coach, parents, teachers, fellow teammates

10. Gratefulness - not everyone has the talent to run, participate