As an athlete, you have experienced the connection between sports and spirituality if:

...you remember the moment when your struggling team finally came together.
...you felt emotional when your team won a huge game.
...you felt a special connection with a teammate with whom you hadn't previously gotten along.
...you were impressed that one of your teammates showed sportsmanship to an opponent.
...you apologized to an official for your inappropriate behavior.
...you felt proud over a tremendous play by one of your teammates.
...you helped a teammate who rarely plays have a special moment in a game.
...you complimented an opponent for an outstanding play.
...you felt a connection with an alum you had never before met.
...you thought you had your coach figured out only to realize you had misjudged him/her.
...you thanked an official after a game.
...you felt a need to thank one of our former coaches.
...you appreciate your family’s sacrifice and support so you would be able to play sports.
...you recognize in yourself that the talent you possess is a gift.
...you recognize being on a team and representing your school is a privilege.
...you recognized the value of season once it was over.

Questions for reflection:
what moments might you add to this list?
what personal experiences came to mind as you read this?