

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?

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