

As a coach, you have experienced the connection between sports and spirituality if:

...you had goose bumps when you saw a struggling team finally coming together.

...you shed a tear when you saw the team win a huge game.

...you felt a special connection with a player with whom you had to discipline and they finally saw the light.

...you were impressed that one of your players picked up an opponent from the ground.

...you apologized to an official for your inappropriate behavior.

...you were in awe and wonder over a tremendous play by one of your players.

...you were forgiven by your team for overreacting to a play.

...you had a player come back years later to say, "thank you."

...you saw a player who rarely plays have a special moment in a game.

...you complimented an opponent for an outstanding play.

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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