

TRUE COURAGE

True Courage in sports goes beyond physical toughness; it involves mental and emotional strength when facing true adversity, uncertainty, and fear head-on. It's the ability to keep going when the odds are stacked against you, whether it's playing through pain, stepping up in a high pressure moment, or bouncing back after a setback. Courage is displayed when players push past their comfort zones, taking risks in key moments, knowing the outcome is uncertain but trusting their preparation and instincts. It's about standing tall, even when doubt or fear tries to creep in, and not backing down from challenges on the field.

In sports, True Courage also means being accountable to your teammates and coaches, taking responsibility for mistakes, and working relentlessly to improve. It's having the confidence to make decisions, even if they don't always pay off, and being resilient enough to learn from failure. A courageous player isn't afraid to lead when necessary but is also humble enough to support others when the spotlight isn't on them. Ultimately, courage in sports is the foundation of both individual and team success, allowing players to break barriers and achieve more than they ever thought possible. Encourage your players to find that inner True Courage to overcome any adversity they may face this year.