

MAY - PATIENCE

An All Star athlete trusts the process and knows that patience is rewarded for those who are determined to achieve success.
Concepts of being understanding and persevering to achieve success personally and for the team.

Understanding - knowing how something works or what it means. In regards to teammates and being on a team, it is showing kindness and forgiveness to them.

Persevering - remaining constant and steadfast in to a purpose, a goal, an idea, or a task in spite of obstacles.

Patience and time do more than strength or passion.

JEAN DE LA FONTAINE

WE Speak Challenge:

Patience is easy to talk about but hard to do at times. One of the keys to developing patience is to discover your triggers. What leads you to being impatient?

List 3 ways in the last week you became impatient. Were any of them during practice? What were the frustrations that led you to become anxious or impatient?

Is there a certain time of day that you are less patient? A certain time during practice?

How can you increase your patience?

Discuss how the team can become more patient with each other.

How can team members reward each other for being patient during practices?



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You

