

## **Play Like A Champion Today**

Field Day is an opportunity for the students and teachers of St. Andrew to come together in a day of fun, team-building competition. It is also a means for all participants to grow in our Catholic tradition. As Pope John Paul II said, "While playing sports, Christians also find help in developing the cardinal virtues – fortitude, temperance, prudence, and justice."

We will award one boy and girl student the *Play Like A Champion Today* award for demonstrating these virtues throughout the day

We are asking teachers and parents to discuss with the students how they can *Play Like A Champion Today* during Field Day. The thoughts below come from the *Play Like A Champion Today Education Program* adopted by St. Andrew Athletics as a required education for parents of athletes.

**Play** – Playing Sports should be a fun, enjoyable experience for all children involved. In the right environment, sports also foster the development of self-confidence, dependable relationships, responsible decision-making, and most of all, a deep sense of well-being and communion with God.

**Like a Champion** – A Champion is not necessarily someone with extraordinary athletic ability or someone who wins games for their team. Playing like a Champion means bringing one's best self to each game. It means playing with complete efforts and attention, playing as a unit with one's teammates, playing with respect for one's self, team, opponents, and officials and playing as a leader who makes sound decisions for oneself and one's team. A Champion is someone who performs to their full potential. Every child can be a Champion.

**Today** – True sports lovers know that each game is a new beginning. Despite the standings, each game has significance unto itself. True Champions forget about the past and the future and focus on the present. True Champions play like Champions at each moment, regardless of how they may have played before.

We look forward to a great day and appreciate your support in reinforcing this teachable moment for all participants!

Thank you,

2018 Field Day Committee