

Sacrifice.

So often we have all heard a story of "sacrifice" in someone's life and how the long term effect of it has ended in a positive experience for the individual. Everyday people are faced with choices that can positively or negatively shape their existence. These experiences are all "Choices". Often times, when people make these choices and have to make a sacrifice, it is usually associated with a negative experience that brings about a positive one in the long run. The notion that someone has to give up something in order to gain is not a new idea, but why do we as a society associate the "giving up" or the sacrifice as a negative thing?

You all make choices and sacrifices everyday as high performance athletes; what you eat, how you train, whether to get up and practice at 6am on a weekend. All these choices involve a sacrifice, but does it have to be a negative experience? Is going to bed an hour earlier so you can get up and practice at a high level, really a negative experience? Studies show that athletes who have had an adequate amount of rest, perform at a much higher level than those who have not. Knowing this, is it really a negative thing to turn the TV off an hour earlier, to get some much deserved rest?

A recent example of this is Elite's and Bison football player Tom Hall. Tom was recently invited to the CFL combine and committed himself to a grueling training regime with us in order to prepare. I have trained Tom for the last 3 years, so I already knew that the commitment and desire was there, but in order to prepare for an evaluation of this magnitude in such a small amount of time, Tom was going to have to go beyond what he was doing before. He was going to have to "sacrifice" in order to achieve. Tom was training twice a day for 6 weeks with us, along with being a full time student and fitting in work. Tom had to give up some things in order to keep up this schedule. Never once did he see these "sacrifices" as a negative experience, but instead, saw them as stepping stones to assist him in achieving his final goals. Tom went on to the combine, did very well, and will get drafted this April.

My challenge to you this week, is to think of things that you have had to "sacrifice" in your football career, and whether you have thought of these events as negatives or positives. If you have thought of these as a negative, I want you to try and put them as a positive. Now, if you have already thought of these sacrifices as a positive then you are ahead of the game but what do you do to make them a positive? I then want you to send me 2 things that you feel you can give up or do less of in order to make you a better athlete and student, and how these 2 things are not a negative "sacrifice"

Looking forward to hearing from you all,

Coach Harper

"What am I willing to sacrifice for what I want to become"

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