

Perseverance

Some of you who are reading this are preparing themselves for the Blue and Gold games tomorrow, for others this journey has ended and thoughts of next year might be fresh in your mind. Whatever group you fall into, your efforts and hard work have been noticed by all your coaches. Just because you weren't selected to move on, does not mean that you are not a good football player, or you will never succeed on the field. The fact is, is that there are so many factors that go into the process that I could write a novel. That being said for all the things that go beyond your control, there are numerous ones that can be controlled by YOU. Studying your play book, following a proper strength and conditioning program, eating right, are all things that can be controlled by YOU, the athlete. Knowing this, ask yourself if YOU did all these things to the best of your abilities. I guarantee, the majority of players who were selected can say they did. Now that you have these tools in front of you are you going to take this "free time" and improve or give up? Giving up is the easiest way out. To pick yourself up and continue to try and work hard, even when you have been told you "can't" is one of the most difficult and rewarding things a person can do.

An example that I always use is Michael Jordan. Jordan, who is arguably one of, if not the greatest Athletes of all time, was cut from his high school basketball team. He obviously never gave up on himself even when he was told he wasn't good enough. Something a little closer to home is current BC Lion, Andrew Harris. Those involved with football in Winnipeg know of Andrew. Andrew is the CJFL's all time leader in yards, touchdowns, total yards, and many more. Something you might not know is that Andrew was cut from the provincial team. Andrew is one of the many pro players who trains with me at Elite and might be the hardest worker I have ever trained. Andrew is a very gifted athlete, but has never leaned on that to get where he is. Talent will only get you so far, it's hard work, determination and perseverance that breeds success. Andrew recently suffered an injury that jeopardized this coming season, one in which he is tabbed to be a starter. Rehabbing an injury is a painstaking process and takes a lot of perseverance to do. Andrew is the epitome of this, and through all the hard work he has done, looks to be ready to start the season. I hope you all take this message to heart and never give up on anything you want to achieve. If you happened to not make this first cut, do not give up, do the things you can control to help you achieve your goals. Those who are continuing on don't take a moment to bask in your success, continue to do the things that have gotten you there, because the time you slack, is the time for others to succeed.

Other News: There will be a summer conditioning camp for ALL Final Roster Provincial Players for both U-16 teams and U-18 team. Camp info can be found on the Football Manitoba Website as well as in an attachment in this email and will start first weekend of June. If you have any questions, please contact Rachel at programs@footballmanitoba.com.

Obby Khan will be running an OL/DL clinic called THE PROGRAM..... this is not a camp, but a long term development clinic. Info can be found in this email as well as on the Football Manitoba website.

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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