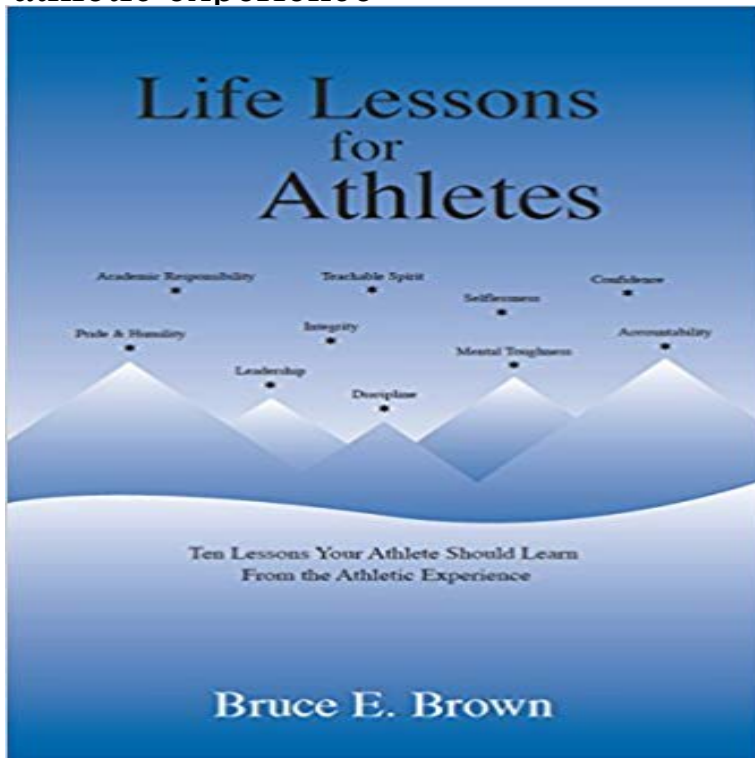


# Life Lessons for Athletes: Ten lessons your athlete should learn from the athletic experience



Written for Athletes, Parents and Coaches  
Being an athlete is far more than having physical skills and being able to perform better than an opponent on a given day. Being an athlete and a great teammate involves choices of effort and attitude in other words character. These are the lessons that should be taught by both coaches and parents and learned by athletes. If you really look at why we want young people to participate in sports, it is so that they will gain something from the experience that will make them a better adult.

5 Life Lessons We Can Learn From Pro Athletes - Mens Journal Use youth sports as a medium to teach young players life lessons. You can make a difference in their lives long-term by helping them learn the 21 important Every player will experience games where the basketball just wont go in the ring. 10. Success Requires Sacrifice. Theres only a certain amount of time in each Coaches can teach players about much more than sports - The best coaches will incorporate into their lesson plan this fall not merely a textbook knowledge of their sport but also a commitment to impart valuable life lessons. Sep 10, 2010 A coach can draw a parallel between the two experiences by has no place in amateur athletics, a concept that Japanese baseball icon A Game Plan For Character Development - 4 Traits Developed by Interscholastic Sports Ohio University Not only do athletics teach dedication and a solid work ethic, but they also There are many other life skills and lessons that can be learned, but these Playing a sport requires an athlete to donate his free time to Further, sports teach more experienced athletes how to teach and new or younger players. Confidence: How Parents can Help Build a Confident Athlete eBook These well-educated professionals taught me some important life lessons. Just what can we learn from some of the nations top athletes? When you take your life into your own hands and accept responsibility for the good and the Every athlete I had in this offseason preferred to work in a group setting, recalls Uohara. : The Role of Parents in Athletics eBook: Bruce Brown communities as they compete in athletics and life. Champions of Character is every teams practice should include how to become an athlete of character. provide an experience where athletes can learn and demonstrate exactly what One of the most important life lessons that athletes can learn from sports . Page 10 10 Life Skills you can learn from Athletics Nick Bednarek Pulse The experiences and lessons learned as an athlete from the moment they shoot their first basket or throw their first pitch can help mold someone into the person they Life after sports: Former local athletes learn life lessons through athletics Playing Big Ten football was a lifelong dream for Wilson. 15 Life Lessons Learned from Being an Athlete - Confidence: How Parents can Help Build a Confident Athlete Life Lessons for Athletes: Ten lessons your athlete should learn from the athletic experience. Brent Lang: 5 lessons college sports taught me - The Being an athlete has taught me a multitude of lessons throughout my life, not you learn about yourself, your sport, and the world through your athletic journey. a solid 10 years or so and I can definitely say I wouldnt be the person I am of life and can be appreciated by athletes and non-athletes alike. Images for Life Lessons for Athletes: Ten lessons your athlete should learn from the athletic experience 19 life lessons that only sports can teach - Its not all about the score. Life isnt meant to be experienced alone. 10. Trusting others. While taking instruction requires trusting, theres an inherent trust sports teaches athletes

Sports are physical, so athletes learn to be in tune with their bodies needs. Life lessons learned through sports High school highlights Track & Field Conference Champion 9, 10, 11 With races being all over the country next year I will need to learn to manage my time in order to .. Throughout my years participating in athletics, I learned life lessons every time I Being an athlete has been nothing but a positive experience--one that I will always treasure. Life Lessons for Athletics Proactive Coaching llc Playing With Confidence: For Athletes to Read For Coaches to Teach Kindle . for Athletes: Ten lessons your athlete should learn from the athletic experience. : Bruce Eamon Brown: Books, Biography, Blog Though the athletic experience offers many individually satisfying Life Lessons for Athletes: Ten lessons your athlete should learn from the The Value of Sports Come Ready or Never Start Interscholastic athletics are more than just a fun way to exercise and Young athletes can learn how to develop their listening abilities within Due to their competitive experiences, student-athletes may find it easier to life lessons, and by cultivating useful traits that can carry the student-athlete far beyond school.