SPORT AT THE SERVICE OF HUMANITY:
THE IMPORTANCE OF GIVING
THE BEST OF YOURSELF

The Vatican’s Dicastery for Laity, Family and Life recently released a report entitled: “Sports is a rehearsal for life.” It is our responsibility as educators, coaches and parents to ensure that there is balance in the life of the student athlete. Importantly, we must ensure that the desire to “Win at all costs” does not sacrifice the development of their character.

Sports is also a formative vehicle. Perhaps today more than ever, we must instill empathy, and help develop leadership skills. In one of the breakout sessions, the idea of creating “participation over performance” was discussed. This concept emphasizes the importance of unrestricted play and suggests that perhaps, the concept of “Winning vs. Well-Being” should be added to every college sports playbook.

Sports is also a powerful tool for identifying the significance of a balanced life and the importance of diversity. We are investing in youth sports programs now, not waiting until after they graduate. We need to be aware that there is a significant drop-off when people watch and play at that level. The kids should leave with a memory and not a nightmare.

They are highlighting that we need to change the hearts and minds, so we will change. The Archbishop of Los Angeles reminded us of his favorite quote from tennis legend, Billie Jean King: “Only the soul that ventilates the world with tenderness gets love, and bring it into your everyday, share it with those around you. If we all give a little more love, the world will be a better place.”

Sport is a safe place where kids can try and not succeed. We have to teach them that it is not the winning that matters, but it is the effort that’s going to bring the most joy. What makes it powerful is that there is an emotional connection that happens when people watch and play that’s unparalleled. He also reminded us that UV is an African word that means belief in the universal bond that links you to me—You, me,多人同等。It is my hope that you will head back inspired and join our work to change the world.

Yourself

Winning vs. Well-Being

In an athletic discipline also serves as a stimulus to always improve. What are you working on right now? What is your focus? It is possible to identify the importance of the rules of life. Why are you the way you are? How do you want to be? What are you doing right now? What are you planning for?

Win in Life, we want to hear from you!

Win in Sport as you Win in Life

Delegates left the conference inspired to transform lives through the power of sports as we educate, challenge and grow the SSH global movement. Look for opportunities in your daily life to make a difference and lead to change. It is our responsibility as educators, coaches and parents to ensure that there is balance in the life of the student athlete. Importantly, we must ensure that the desire to “Win at all cost” does not sacrifice the development of their character.

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What is your focus? It is possible to identify the importance of the rules of life. Why are you the way you are? How do you want to be? What are you doing right now? What are you planning for?

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