

## **Hold The Rope**

Every year a college team wins the NCAA title. Every year an ASA team wins nationals. Every year the best high school team in each division wins the state crown. All of these teams have one thing in common, and contrary to popular belief, gifted, talented athletes is not the answer. No matter how tough it became throughout their season, they did one thing...they held the rope. What is holding the rope? Imagine you are hanging off the side of a cliff with a drop of 20,000 feet. The only thing between you and the fall to death is a rope, with the person of your choice at the other end. Who do you know that has the guts to pull you to safety? Who will hold the rope? If you can name two people that's not good enough because those two people might not be around. The next time your team is together, look around and ask yourself, who could I trust to hold the rope? Then look at yourself and ask the same question-who would I hold the rope for? When you can look at every member on your team and say to yourself that they all would hold the rope, including yourself, you are destined to win a lot of ball games. No matter what sport you play, in order to win, you have a commitment to your team. If you are supposed to run sprints at the end of practice do it well. If you have to practice, do it. Don't just go through the motions because you are wasting everyone's time. Once you start letting up at practice, you've killed the team because you didn't hold the rope. When you need to take your own time to eat right, sleep enough, or rehab, do it so you can hold the rope when your team needs you. Remember this is a team sport, everyone must be holding the fibers. Don't let your team down. Don't let yourself down.

*Coach Mike*