

## **OLPH Basketball, 5<sup>th</sup> Grade Girls**

### **Clear Eyes, Full Hearts, Can't Lose Practice Like you Play, Play like you Practice**

*Successful Athletes are: Disciplined in their Training, Self-controlled, Purposeful, and Follow the rules. We are all reminded to continually develop and practice these extremely useful habits in our spiritual lives as well. As athletes, we should remember that we can do everything through Christ who strengthens us. Instead of worrying or being anxious, we should work hard – running the race, practicing and training our bodies accordingly; and pray – putting our hope in God through prayer and actions. Be encouraged, don't give up. Do not fear, God is with us! We will always find new strength in God. Finally, let's remember to give God all the glory with our athletic and other skills, gifts and talents.*

#### **Philippians 4:13**

"I can do all things through Him who strengthens me."

#### **Isaiah 40:29-31**

"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

I've always made a total effort, even when the odds seemed entirely against me. I never quit trying; I never felt that I didn't have a chance to win. ~ Arnold Palmer

#### **Timothy 2:5-7**

"If anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules. The hardworking farmer should be the first to receive a share of the crops. Reflect on what I am saying, for the Lord will give you insight into all this."

The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur. ~ Vince Lombardi

#### **Timothy 4:8**

"Physical training is good, but training for Godliness is much better, promising benefits in this life and in the life to come."

Winning isn't something that happens suddenly on the field when the whistle blows and the crowds roar. Winning is something that builds physically and mentally every day that you train and every night that you dream. ~ Emmitt Smith, American Football Player

#### **Colossians 3:23-24**

"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

God, Your Parents and Your coaches will never give up on you. When you go onto the court, those are the people I want in your minds. Those are the people I want in your hearts. Clear Eyes, Full Heart, Can't Lose.

**"Don't quit on me. Don't quit on yourself." - Coach Scott**

**Right here, right now, God has placed you to do what you do best. Go all the way.**