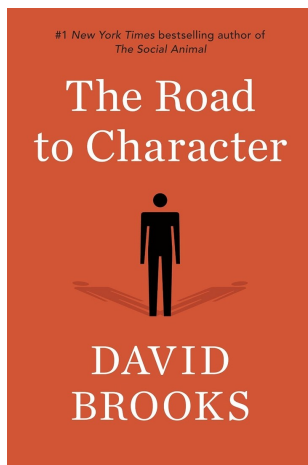




Justice



The opening sentences of *The Road to Character* read like this:

"Recently I've been thinking about the difference between the résumé virtues and the eulogy virtues. The résumé virtues are the ones you list on your résumé, the skills that you bring to the job market and that contribute to external success. The eulogy virtues are deeper. They're the virtues that get talked about at your funeral, the ones that exist at the core of your being - whether you are kind, brave, honest or faithful; what kind of relationships you have formed." (p.xi)

Written by bestselling author David Brooks, *The Road to Character* (2015, Random House) takes a look at some of the world's greatest thinkers to explore how they have built a strong inner character. It's a recommended read that's been

used from board rooms to locker rooms, [most notably as a catalyst for one of the more successful NFL teams of the last decade.](#)

One of the ways *Champion* programs set themselves apart is by emphasizing character building, which in the *Play Like a Champion Today* approach is rooted in the Cardinal Virtues. These virtues are the core qualities identified by Aristotle for living a moral life. On the topic of virtues, Dr. Jim Loehr, a well-known performance psychologist, founder of the Human Performance Institute, and author of fifteen books refers to *virtues* as two types of character strengths: performance character strengths, and ethical/moral character strengths (*The Only Way to Win: How Building Character Drives Higher Achievement and Greater Fulfillment in Business and Life*, pp 71-72, ©2012, Hyperion Books). Loehr argues that, "No matter how many performance character strengths [an individual] has mastered - if his or her ethical/moral character strengths are not firmly in place by adulthood, then the performance traits really don't matter nearly as much as far as genuine life 'success'," (p.72).

Play Like a Champion stresses that coaches put a clear priority on the virtue of **Justice** before all other virtues. The *Catechism of the Catholic Church* defines Justice as "the moral virtue that consists in the constant and firm will to give their due to God and neighbor" (CCC 1807). It notes that Justice toward fellow man "disposes one to respect the rights of each and to establish in human relationships the harmony that promotes equity with regard to persons and to the common good." We might also talk about justice as promoting respect for the dignity of each person, understanding that he or she is made in the image and likeness of God.

As it relates to sports, Play Like a Champion maintains that achievement virtues are only virtues *if* they are rooted in justice. The desire to win at sports can be so powerful that achievement virtues that lead to success, such as hard work, perseverance and self-sacrifice can easily become detached from justice. If we are to be truly successful in developing our athletes' moral character, Play Like a Champion coaches must remember to put the priority on justice as the foundation of all virtue. (Handbook of Moral and Character Education, Power & Sheehan, p.492, ©2014, Routledge).

Fall Webinar: The Future of Youth Tackle Football

As part of its Quarterly Webinar Series, on **October 24, 2018** the Play Like a Champion Today Educational Series will host a webinar discussing the benefits and risks of youth tackle football in America. Featuring experts from medicine, education, and coaching, this one-hour session will seek to provide information and resources to Play Like a Champion partners with youth and high school football programs.



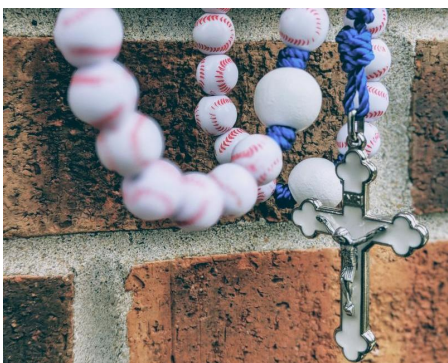
The program will seek to provide best practices and engage attendees in discussion in

order to address questions such as: Is tackle football safe for children? What are the risks and benefits of youth tackle football? At what age should tackle football start? What rule changes can be made to make the game safer? And more. In addition to expert presentations and discussion, time will also be made available for conversation and Q&A with partners during the session.

Play Like a Champion invites you to **join us on Wednesday, October 24th** as we facilitate this important discussion within our national community!

[Click Here to Register for FREE!](#)

Sports & the Mysteries of the Rosary



Pope Francis has called on the faithful around the world to pray the Rosary during this Marian month of October. Play Like a Champion has sports themed reflections based on the mysteries of the rosary. These are being posted as part of our Daily Prayers resource or you can [email us](#) to receive the full document. Consider praying either a single decade or an entire rosary with your team and reflecting on how God is speaking to you individually and as a team. Here is a sample of these reflections using the first Joyful Mystery.

The JOYFUL MYSTERIES of the Holy Rosary

Prayed on Mondays, Saturdays, Sundays of Advent; Sundays of Epiphany through Lent

The Annunciation of Gabriel to the Virgin Mary (Luke 1:26-38)

In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." Mary was greatly troubled at his words and wondered what kind of greeting this might be. But the angel said to her, "Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end." "How will this be," Mary asked the angel, "since I am a virgin?" The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called[a] the Son of God. Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. For no word from God will ever fail." "I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her.

Reflection: Remember a time you received news that filled you with anxiety. Perhaps your coach called you into a game at a critical time or when you learned you would be facing your toughest opponent in the play-off's. Believe that God is standing with you in the uncertainty and fear. Have the courage like Mary to say "Yes" to these difficult invitations, despite your fear.

[Visit our Daily Prayers for Champions resource to access over 100 prayers for individuals and teams!](#)

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