

**PLAY LIKE  
A CHAMPION  
TODAY**

Character Education Through Sports

# Champion Coach Note

Educating and Forming Champion Coaches

## Coaching as Ministry

Play Like a Champion Today prepares coaches to understand their coaching vocation as one of ministry. So what does it mean to be a Coach Minister to your team? Let's explore!

The word *minister* comes from the Latin *ministerium* which means **service**. Coaches provide a service to athletes, their families and the school community. They do this in the name of the Church. When you coach, you stand in the shoes of Jesus Christ, our greatest teacher and guide.

Sports can be a ministerial endeavor when coaches embrace this concept in daily coaching habits. We urge coaches to make a commitment to living out Coaching as Ministry by implementing several of the following ideas on your team this season:



- Prayer before and after practices and games. Have athletes take turns leading prayers using either traditional prayer or free form. Looking for some prayers to use? Check out our [Daily Prayers for Champions](#) library online.
- Team participation at Mass. Go as a team in uniform or church clothes before a game, or plan to sit together as a team if many attend the same Sunday Mass. You could also consider setting a kickoff "Sport Mass" for the season for all your school's athletes. Have players be altar servers, lectors, bring up the gifts and be part of a choir during Mass. Ask your priest to provide a special blessing for all the athletes present. You could also do this at the end of the season as a Mass of thanksgiving.
- Visit Eucharistic Adoration or Pray a Living Rosary as a team. Play Like a Champion offers "Sport Reflections" on the Mysteries of the Rosary. To receive a copy of these reflections email us at [information@playlikeachampion.org](mailto:information@playlikeachampion.org).
- Dedicate your practice/game to something specific and mention this in the opening prayer. Examples include learning something new, staying safe and healthy, improving a specific skill, or becoming a better teammate.
- Ask for the intercession of St. Sebastian, the patron saints of athletes. You could even distribute St. Sebastian medals to your team.
- Participate in a team service project.
- Have discussions with your team on the following topics: How can we use our God-given individual gifts and talents to become the best team? How is (School Name) going to look because of my words and actions? You could invite a guest speaker to share their story and lead discussions with your team.
- Create a "Virtue Recognition" following practices/games to recognize the athlete whose effort, attitude and attention reflected virtuous character.

Coaches should also reflect on how the idea of Coaching as Ministry impacts how you...

- Develop each of your players' skills and sense of confidence
- Treat members of your team, your opponents, and officials
- Exercise authority as a coach
- Create lineups and distribute playing time

Consider also reading the Vatican's 2018 document on sports titled [Giving the Best of Yourself](#). This tremendous document outlines the Christian relationship to sport and can help us to better understand our important role as coaches.



## #wechampionPLAY

Play Like a Champion has launched an exciting new movement called #wechampionPLAY with the goals of promoting an increase in sports participation and advocating for a greater understanding of what it means to PLAY. Join the movement & enter our contest to win great prizes. You could attend the 2019 Sports Leadership Conference for free!

### [Learn more about #wechampionPLAY and Get Involved!](#)

#### A Coach's Prayer

Lord, make me an instrument of your peace.  
Where there is frustration, let me show patience.  
Where there is confusion, clarity.  
Where there is struggle, support.  
Where there is success, celebration.  
Where there is doubt, faith.  
And where there is hurt, love.  
Oh Divine Masters, grant that I may  
Greet each athlete as a child of God,  
Find joy and fun in my relationship with them, and  
seek to learn as much as I coach, model and teach.  
Amen.



Check out our [Online Prayer resource](#) for a sort-able library of prayers for teams & more!

*Prayer submitted by Anne Stricherz, St. Ignatius, CA Coach*

Play Like a Champion Today Educational Series  
PO Box 72, Notre Dame, IN 46556 | [information@playlikeachampion.org](mailto:information@playlikeachampion.org)  
[www.playlikeachampion.org](http://www.playlikeachampion.org)

FOLLOW US ON SOCIAL MEDIA!

