What Can COVID-19 Teach Us About Ourselves?

Have you heard the term “Clutch Player”?

A Clutch Player is an athlete that consistently performs well when there’s a lot on the line. They thrive in situations where the pressure is high and the consequences of their performance (including the possibility of failure) are great. Hitting a shot when your team is winning by double digits is a lot easier than hitting a game-winning shot at the buzzer. The pressure of knowing that if you succeed, you’ll be the hero or if you fail you’re automatically labelled the villain can rattle even the most experienced athletes, making it difficult to play to your full abilities.


- **Focus**
- **Discipline**
- **Adaptability**
- **Being present in the moment**
- **Being driven by the push and pull of fear and desire**

Clutch players display these five characteristics consistently because they are constantly learning about themselves as they challenge themselves. Even in times when they “fail” they stop to ask: “What can I take away from this experience to help me learn more about myself and improve?”

Certainly, the COVID-19 pandemic has taught us about these five characteristics. We are forced us to be adaptable (hopefully). It has challenged us to remain focused and self-disciplined while we couldn’t be with our teams practicing and playing. To maintain our emotional health we need to learn how to stay in the moment (be present) and balance our desire to compete and play to be the best with the need to social distance and take other precautions to maintain the physical health of ourselves and those we love (push and pull between fear and desire).

Consider how you have personally grown in these five characteristics during the pandemic. Which of the characteristics do you still need help developing? Make a commitment during the month of October to intentionally work on that characteristic each
day. At the end of the day, write down how you did. At the end of the month, evaluate how you are a better athlete from practicing this quality. You can become a Clutch Player!

A Letter from the Future

Here’s an activity you can do to help illuminate things you have learned about yourself as you manage life during a pandemic. It’s called, A Letter from the Future. In it you are asked to look back at today from five years into the future.

When you are finished, share your letter with someone you trust such as a coach, parent or teammate.

Take this activity to your team as an effective team-building experience.

A Prayer for Hope

“Count it all joy, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.” James 1: 2-4

In the midst of difficult trials, remember to focus on the Lord. Joy is not derived from comfort, but from our deep conviction that God is with us always. Joy comes from our belief that, no matter what is happening, God is shaping us more completely into best version of ourselves that God created us to be.