

**VIRTUE OF THE WEEK - SACRIFICE****INTRODUCTION TO START PRACTICE/GAME**

Our virtue this week is SACRIFICE - *The strength to forgo one's own benefit for the good of others*. What are some ways a teammate could make a SACRIFICE?

**PRAYER**

Lord, You SACRIFICED everything dying for us on the Cross. You suffered all of that for our good, because you love us.

May we learn how to SACRIFICE for those around us especially our family members and teammates. Help us to develop the habit of looking for ways to do good for others during sports and in all of life.

Does anyone have any prayer intentions? Who wants to lead us in an Our Father?

**STORY TO TELL IMMEDIATELY AFTER PRAYER****WOULD YOU STOP?**

Josh Ripley didn't have to stop. Running in a cross country meet, the junior varsity runner was making his way through the trail at the Applejack Invite when he heard a loud scream during the first mile of a two-mile race. Most of the other kids running didn't pay much attention to the young man who was writhing in pain at the time, as they passed by.

The only person who decided to pay attention was Ripley. Josh immediately noticed the injured runner holding his bloody ankle. Then, instead of running back and calling for help, he did the only thing he could think of: He carried the injured runner a half mile back to coaches and family members.

"I didn't think about my race, I knew I needed to stop and help him," Ripley said in the school district release. "It was something I would expect my other teammates to do. I'm nothing special; I was just in the right place at the right time."

When the injured runner arrived at the hospital, doctors realized he had been accidentally spiked by another runner's shoe during the race. The injury required 20 stitches and a walking boot to keep the wounded area from opening up.

Amazingly, the story gets even better from there.

After dropping off the injured runner with his coaches, Ripley proceeded to go back and finish the race -- even after carrying a kid for a half mile on the running trail. Admittedly he was a bit winded, but still completed the course as scheduled.

It's safe to say the average athlete would have taken a breather and called off the rest of the race after such a harrowing and intense experience. Luckily, Ripley is clearly not the average athlete.

**QUESTION TO ENGAGE PLAYERS**

Instead of asking a question up front - have your players do a piggy back relay race where they have to carry each other. Then ask them what it was like to carry someone ...

**RESOLUTION TO WORK ON DURING PRACTICE/GAME**

Let's practice the virtue of SACRIFICE right now by helping our teammates succeed and have as much as fun as possible. Let's be happy for our teammates when they score or improve.

Coach, look for players praising teammates and congratulate them for living the virtue of SACRIFICE right then and there when you see/hear it.

**MENTORING MOMENT TO SHOW YOUR PLAYERS THAT YOU CARE ABOUT THEM**

Ask individually as many players as you can during practice the below.

Tell me about a teammate who has made a SACRIFICE for our team.

Tell me about a SACRIFICE someone has done for you in your life.

**END OF PRACTICE/GAME PRAYER**

We love You, Lord, and we praise You. May we honor You with our hearts, minds, souls and with our playing this sport as well.

Thank you for the example of (name a few teammates who lived the virtue during that practice). Help us all to LIVE THE VIRTUE OF SACRIFICE this week by volunteering to help your teacher with a particular task. Amen.

**WAY TO LIVE THE VIRTUE OF SACRIFICE THIS WEEK**

Volunteer to help your teacher with a particular task this week.

Remind players to tell their parents and siblings the story.

**VIDEO CLIP ABOUT SACRIFICE**

*Click on the below link and consider emailing this to all your parents to have them watch with their kids as a way to help foster the virtue of the week.*

*You could also consider bringing your tablet to practice and showing the video to your players as well.*

<http://www.sportsleader.org/video/silence-of-love>

## SACRIFICE QUOTES FOR THE WEEK

**\*Each day this week communicate the quote of the day. In person, email, text, tweet ... whatever works best for you**

### MONDAY

“If you sacrifice early, you'll win late.” - Charles Haley

### TUESDAY

“You can't make a great play unless you do it first in practice.” - Chuck Noll

### WEDNESDAY

“No one wants to hear about the labor pains, they just want to see the baby.” - Lou Brock

### THURSDAY

“I run on the road long before I dance under the lights.” - Muhammad Ali

### FRIDAY

“Any guy who can maintain a positive attitude without much playing time earns my respect.” - Magic Johnson

### SATURDAY

“To give anything less than your best is to sacrifice your gift.” - Steve Prefontaine

### SUNDAY

“Somewhere, someplace, there is a person practicing while you're not, and when you face that person, he will beat you.” - Anonymous

**VIRTUE IMAGE**

**\*Share this image with your players to create a visual to help them understand how virtue is a strength.**



**BIBLE QUOTES****1 Peter 2: 19-25**

For whenever anyone bears the pain of unjust suffering because of consciousness of God, that is a grace. But what credit is there if you are patient when beaten for doing wrong? But if you are patient when you suffer for doing what is good, this is a grace before God.

For to this you have been called, because Christ also suffered for you, leaving you an example that you should follow in his footsteps. "He committed no sin, and no deceit was found in his mouth."

When he was insulted, he returned no insult; when he suffered, he did not threaten; instead, he handed himself over to the one who judges justly. He himself bore our sins in his body upon the cross, so that, free from sin, we might live for righteousness. By his wounds you have been healed. For you had gone astray like sheep, but you have now returned to the shepherd and guardian of your souls.

**SONG**

<https://www.sportsleader.org/video/aaron-shust-matchless>

**SAINT****St. Agnes**

[http://www.catholic.org/saints/saint.php?saint\\_id=106](http://www.catholic.org/saints/saint.php?saint_id=106)

She died a virgin-martyr at the age of 12 or 13.