

## Love the Game

How much do you love your sport? Is it something for which you make sacrifices? What are you willing to give up to compete at your absolute best? What will it cost you to play your heart out?

We who love sport and seek to compete honorably, wisely and successfully express our love in specific ways. Some are listed below.

§ We speak well of our game. We talk about it in a loving manner.

§ We sacrifice for it. We carve out time from busy schedules to train, to watch video, to get in some extra practice and to rehab injuries.

§ We respect the game. We refuse to act in ways which cast our sport in a poor light. We won't cheat its rules and we won't tolerate others who do.

§ We're passionate about the game. Our heart rate elevates when we get near the gym or the field. We can smell the aromas and feel the emotions associated with the sport even when we're away from it.

§ We live in the culture of the game. Our language is full of its metaphors, clichés and stories. We wear clothes and our hair in ways peculiar to the sport's culture.

§ We defend the game. We take great offense at those who would misuse the sport, defame it by their attitudes or actions and those who would use it for their own selfish ambitions.

Do you love your sport or do you simply tolerate it to get what you want from it? If you play your heart out, you'll develop a deep, passionate, love relationship with the sport and those who compete. In doing so, we find the real rewards in sport and enjoy it most fully.

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