



Sunday, January 5, 2020

“FOCUS, EFFORT & ATTITUDE”

- **PLAYERS:** You are not a great team because you work together. Anyone can occupy the same space. That doesn't make them a great team. You are great because you trust, respect, and care for each other. You depend on and need each other. You become great because you work better together than apart.

Coach Bryan Ingalls:

- **“Feed the seed”**
 - Whatever you will feed will grow
 - Tend to the seed you have planted now to reap the best harvest
- **“Live where your feet are.”**
 - Don't think about what happened in the past
 - Don't worry about what is going to happen in the future
 - Be present in the moment.....be here now!