

CHAMPION'S MANIFESTO

ADVERSITY

True **CHAMPIONS** are made, not born. **CHAMPIONS** are made in adversity. Bad days, problems, heartaches, and losses are all necessary elements in molding **CHAMPIONS**.

Character is built in the storm. It is not built in prosperity; it is built in adversity. You develop strength when you are in trouble. Learning to handle opposition rightly will make you a **CHAMPION**.

CHAMPIONS don't let their circumstances affect their character. Bad games, bad plays, bad breaks do not change their will to prepare, their will to strive and fight for excellence every chance they get... everyday... all day long.

CHAMPIONS realize that sometimes they fail...maybe often and over and over. But they know that is what makes them strong.

The "Mark" of a **CHAMPION** is how they respond each time they fail. The **CHAMPION** chooses to forget their failures and fight on again. Their motto is "knocked down seven times, get up eight!"

COMPETITION

The **CHAMPION'S** theme is "*Competition Breeds Excellence*"

A **CHAMPION** lives above pressure, but thrives on it.

CHAMPIONS love competition - the challenge of becoming more disciplined, more intense, more prepared. They realize the harder the battle is, the greater the adversity - the stronger they'll become and the quicker they'll achieve their goals.

CHAMPIONS relish the battle. They are driven to excel. **CHAMPIONS** thrill to the joy of the struggle!

CHAMPIONS never desire their opponents fail or get injured. In fact, they actually want them to play well; because the better the opposition plays the greater the **CHAMPION** is challenged to perform! It is a double win!

FOCUS

A **CHAMPION** is single-minded in purpose. A **CHAMPION** lets nothing interfere with their priority - becoming the best they possibly can become. A **CHAMPION** is not sidetracked by distractions or by things that do not help them reach their goals.

CHAMPIONS never worry about things they can't control, they realize they can only control themselves and their attitude.

CHAMPIONS never quit. They don't even know what the word "quit" means. They only know to keep working, to keep striving... regardless of circumstances.

CHAMPIONS don't care whether there are 5 or 50,000 people at the game... or even it's a game or practice. They only know that each and every situation is a chance, a chance to improve.

Scoreboards or team records do not affect **CHAMPIONS**. Whether the score is 50-0 or 0-50, whether they are 0-10 or 10-0, they play the same and practice the same - All Out!

DESIRE

CHAMPIONS are interested in learning all they can, mastering skills and responsibilities, acquiring every characteristic that helps them gain the edge.

A **CHAMPION** is willing to pay the price - whatever it takes!

A **CHAMPION** knows that winning is a by-product of being committed to excellence - winning takes care of itself.

CHAMPIONS are never satisfied with their performance, but are always content with the fact that they are continually striving to get better.

CHAMPIONS realize that some days, even most days - they don't "feel" like working, striving, paying the price to becoming a **CHAMPION**. But then they remember, or another **CHAMPION** reminds them, that being a **CHAMPION** is a choice they make over and over and over each day...and so they make that choice again

CHAMPIONS never make excuses, grumble, complain, point fingers, or talk about other people. They only talk about how they can get better.

CHAMPIONS are uncomfortable with imperfection - always pursuing perfection, while knowing it can never fully be reached, but loving the battle of trying to reach it. They Fight For Excellence!

CHAMPIONS are committed to Excellence... always... only.

The difference between **CHAMPIONS** and everyone else is very simple. **CHAMPIONS** are always willing to do the "Little Things." That's the simple difference.

CHARACTER

A **CHAMPION** is not an individual star necessarily - but a team player that knows how to function with others.

CHAMPIONS know they have to learn to serve - before they will ever know how to lead.

Being a **CHAMPION** has nothing to do with being #1, or the amount of playing time a person gets. In fact, being a **CHAMPION** is not exclusively a characteristic of athletes - there are **CHAMPIONS** in all facets of life: students can become **CHAMPIONS**, parents also... anyone can! We're talking about character, not winning and losing -
CHAMPIONSHIP CHARACTER!

CHAMPIONS will inspire their teammates to play harder, more intensely, by their example. They walk their talk.

CHAMPIONS hang around other **CHAMPIONS** because they want to be influenced by each other's character. Nothing hinders them from their goal.

CHAMPIONS know that to be a **CHAMPION** they must be committed to excellence in everything they do, in every situation - whether at home, at school, at work, or at play. They realize that it is impossible to be committed to excellence in one thing and not another, because being a **CHAMPION** is not what you do but WHO YOU ARE... IT'S CHARACTER!

Being a **CHAMPION** has nothing to do with success and failure on the scoreboard, it has to do with choosing to have a **CHAMPIONSHIP CHARACTER** every moment of every day.

Above all, being... BECOMING A **CHAMPION** is a CHOICE YOU MAKE EACH DAY.

What Will You Choose?

Written By: Scotty Kessler
Former Head Football Coach @ Greenville College
Modified Format By: David L. Neighbors, MD
Assistant Baseball Coach @ Wesclin High School