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Reflections over the Holiday

The end of the year and the holiday season can be a time for rest and reflection. Even if you still are competing in holiday tournaments, playing regular season games, or finishing out state championships, it can be important to give yourself a break from the training, focus and energy that you expend each and every day as you practice and prepare to perform your best. Although achieving high level performance takes an incredible level of dedication, focus, time, commitment, and stamina, everyone needs time to rest and recover. During this holiday time, we hope that you have the opportunity to reflect on your experiences during the last year and what you have gained and given through your participation in sport. Take a moment, when you can, also to thank all the family, friends, coworkers, and teammates who have supported you this year. Without their presence, many of our successes would not have been achieved.

The staff at the Center for Sport Psychology and Performance Excellence wish you Happy Holiday, Merry Christmas, and a successful new year. We also welcome Todd Dodge to the UNT Athletic Department and wish him the greatest success as he takes over as the head football coach. Our newsletter will return January 17, 2007. So, until then, we leave you with our quote of the week:

“A true champion is someone who wants to make a difference, who never gives up and, who gives everything she has not matter what the circumstances are. A true champion works hard and never loses sight of her dream.” Dot Richardson, M.D., Gold Medalist, 1996 Olympics, Softball