



**TO ALL OF WARRIOR NATION**

This Week's Theme: **DISCIPLINE**

For any athlete, discipline is the bridge to finding success and growth in their skills and knowledge of the sport. It's that extra effort which pushes one to both challenge and inspire themselves. Most demonstrate discipline in their sport because they have a true passion or love of the sport. This is true in many areas of life. The things we love, value and desire are ones we often have goals for. So, do you find yourself without goals, something you are striving to achieve even today? My challenge to you this week is to set some goals and consider what areas you need to demonstrate discipline in order to achieve those goals. It could be in your sport, but it could also be in your schoolwork, your relationships with friends and family, and it could absolutely be in your walk with Christ.

As always - **GO WARRIORS!**

**-TRANSFORMATIONAL PURPOSE-**

In this section, we will highlight one of the CAI Coaches and their Transformational Purpose Statement, which will be recognized on social media as well. A transformational purpose statement is a great reminder for us on the reasons **WHY** our coaches coach. It's more than just the scoreboard for them!

# WARRIOR UPDATE

APRIL 28, 2020

## REMEMBER...

Please be sure to check out this new video based on the theme last week of **RESPECT!** Just click on the photo to follow a link to our Twitter page to view the video.



## MOTIVATIONAL MINUTE

A WORD FROM A CAI COACH ABOUT:

**RESPECT**

### RESPECT:

Coach Millen: "How you treat other people is a direct reflection of **YOUR** character, and speaks little of the character of others."  
John Wooden's 3 Principles of Respect: 1) Be on Time 2) Never Criticize 3) No Profanity/Harsh Words



*I coach to help young athletes strive to develop great Godly character, integrity and confidence, as well as to understand the importance of teamwork, commitment and responsibilities in sports and life.*



**COACH TONYA WEBB**  
VOLLEYBALL



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