

CAI Athletics wants you to know that we are praying for you during this time. From our athletes, to our families, to our coaches, and our teachers - we know this is a difficult time for everyone. Even us here in the athletic office find this to be such a strange time. We miss seeing the athletes every day. They provide us so much energy and purpose, so we miss seeing their faces for sure! However, we do know two things: we are truly "all in this together" and God's got this!

During this time, we aim to provide encouragement as well as honor our student-athletes in the best way we know how! In light of that, we wanted to send out the Warrior Update, summarizing some of the things we are up to on social media. If you haven't yet, you should follow us! Details at the bottom of this page.

As always - GO WARRIORS!

### -TRANSFORMATIONAL PURPOSE-

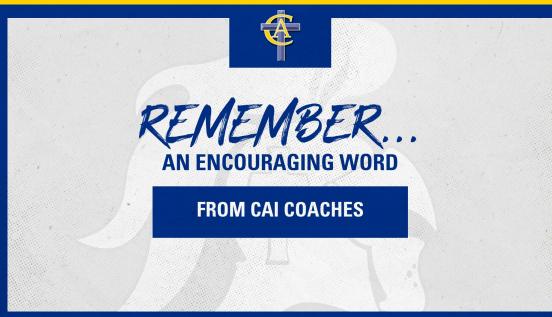
In this section, we will highlight one of the CAI Coaches and their **Transformational Purpose** Statement, which will be recognized on social media as well. A transformational purpose statement is a great reminder for us on the reasons WHY our coaches coach. It's more than just the scoreboard for them!

# WARRIOR UPDATE

APRIL 7, 2020

## REMEMBER...

This section features a video of encouragement for us all during this time. Click on the photo to follow a link to our Twitter page to view the video featuring our Varsity Head Coaches.



#### References of Scripture included:

Hebrews 10: 23-25 Philippians 4:4-9 Isaiah 41:9, 10, 12, 13



My passion for the Lord, students and athletics is what drives me in my coaching. I hope to shape girls of high integrity who love the Lord, build their confidence and teach them self-advocacy. I coach to impart my volleyball knowledge and increase their understanding of the game, all the while helping them to be responsible and accountable for their actions.

> COACH CHRISSY MILLEN VOLLEYBALL

## -SENIOR ATHLETE HIGHLIGHTS-

Below are the senior athlete profiles we recognized last week on social media.







WARRIOR EXTRAS

**BIBLE VERSE** 

Jeremiah 29:11

CAI MEMORY
Winning basketball sectionals

"For I know the plans I have

for you," declares the Lord, "plans to prosper you and not

harm you, plans to give you hope and a future."