



WEEKLY THEME:
-FUN-

WARRIOR UPDATE

MAY 26, 2020

MOTIVATIONAL MINUTE

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



LOYALTY:

Coach Gillett -

"How are you working to water the grass right where you are?"



THROWBACK THURSDAY

We are starting a series highlighting some Warriors who have gone on to compete at the next level in their sport. Click on the photo above for the video on this week's feature:

Sierra Rayzor

Samford University
Volleyball
Junior

Highlights:

Sierra just completed her Junior season at Samford and is looking to wrap up her collegiate career in the fall. Sierra was part of the CAI program that saw their first state appearance as well as the school's first state championship in any sport! At Samford she's been a part of the teams that have won the SoCon Championship and made NCAA post-season appearances.



“

I coach for the kids. I coach to ensure my players are afforded the same life lessons in which God has blessed me: hard work pays off, you don't always win, victories are sweeter when shared, trust is earned, and it's OK to ask for help.

”

COACH MARK STEVENS
BASKETBALL/SOFTBALL



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CAWarriorNation



Did you know that the majority of children play sports because it's FUN? In a society today that is bombarded with "win at all costs" and big money athletics, it's easy to forget that most children play a sport just because they like it, and they like the people they are with. At CAI, we believe our athletes should have FUN at practices. They should enjoy what they do. It's not a job or a chore. Now, sometimes a focus on FUN becomes too great and athletes forget there is still work that needs to be done, skills that need to be learned. On the other hand, parents and fans can forget the FUN and end up yelling at officials, criticizing the coaches or overanalyzing their child's performance. There is a stat that 97% of all athletes stop competing after high school. So, let's work to keep the right perspective and allow our children space to have FUN while working hard!

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!

SPRING TEAM PHOTOS

We are in the process of collecting spring team photos. What this means is we need a photo from every spring sport athlete to include in a team photo "mash-up." We have completed four so far and two are highlighted below. If your child hasn't already submitted their photo, please do so today! We want to include everyone but need your help. These will be included in the yearbook and in the Commons entrance area.

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