



“LEGEND OF THE GOLF BALL”

“At first, golf balls were made smooth, without any dimples at all. But eventually during testing, one man started to notice something strange. He developed a theory about it, and one day he came into work early to test his theory, because he thought that everyone would think he was crazy if he shared his theory with them.

His theory was that the golf balls that had been hit many times, the bruised and rough ones, actually traveled much further than the perfectly smooth ones did. Sure enough, he was right: these tiny imperfections create a thin layer of turbulence around the ball, reducing drag and allowing air to flow further and more smoothly around the ball. And that is why today, all golf balls have dimples on them.”

It’s also a lot like “Instant Soup”

You will never know how good instant soup is until you put it into hot water. The heat of the boiling water releases the flavor of the soup. The same is true for us! One could call this the “instant soup philosophy”.

REFLECTION

- 1. What do these two items have in common?**
- 2. How can they be applied to our lives and the “journey” of our Sports Experiences?**
- 3. Describe a time when you felt like the golf ball or instant soup?**

“Our strength is best determined during the difficulties of life, and our true character is released when we are tested by life’s challenges. We need to remind ourselves that in every difficult situation, our attitude should be, I am going to get through most of it, and I will be stronger at the end than the beginning!”
An Ancient Roman Philosopher

“Never give up. Never give in. No matter how many times you get knocked down get back up and give it your all. Everything you have one more time.” (see video)

SEE “CHOP WOOD, CARRY WATER”- Chapter 15 – The Rough Side of the Mountain

“MAKE IT A GREAT DAY +1”