



# “LIVING IN THE DASH” -- Or -- “YOUR LIFE SENTENCE”



## WARMUP

As you walk through a cemetery what are the three things you see on the tombstones? One sermon I've heard at funerals a few times that I really like is **about the dash**. The dash that is talked about is the dash put on a headstone between the date of birth and the date of death. The point the speaker makes is that what is important is what is lived out in that dash between your date of birth and your date of death.

A few years ago, I was driving by a vacant house. Apparently, the occupants had recently moved out. Left on the side of the curb was a cardboard box that contained a couple of trophies. That really struck me. How many times do we shoot to earn trophies or medals and, years later, they end up either somewhere we can't find them or in the trash. We like to stress at our meetings that it's all about **“the journey”** or how you play the game, live out your life or **how you live your dash**.

I don't disagree with athletics in that someone wins and someone loses. A lot can be learned from both. You are not always going to win in life, so be ready when you don't. But when you do, enjoy it and take it for what it is. **Today, remember: it's all about the dash**. I've never heard people at a funeral celebrating about the possessions of the deceased—how many fancy cars and houses they accumulated or how much money they have in the bank. It's always about their character, how many people they have touched and lived their dash in a way that reflects the values of sports and life. So, now it's up to you.

**So far what have you been doing in the dash?      What are you planning to do with your dash?**

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## ? THE BIG DEAL QUESTION?

***The contribution of a person will ultimately be summed up in one sentence. Although we participate in many activities, we're remembered by just one or two things. What will your “life sentence be?”***

Allow each Athlete to write his own 'Life Sentence' and project into the future where he feels his / her adventures will take them. It is hoped that some part of the sentence will reflect the application of the ten values we have built our programs on. Challenge them to reflect on questions such as “What kind of citizen will I be?”, “What kind of husband, wife, sister, brother, friend, mentor will I be?” as they write their reflection.

1. What would your “Life Sentence” say today? How is it different from what you want it to say? You can determine that **SENTENCE** by the way you live and lead.
2. Now let's go a little deeper. Write your own eulogy. If you could write three sentences that were to be read at your funeral, what would they be?
3. What would you hope your family would read? Your friends?
4. What about your teammates, what would they read, Your Coach?

**Note:** This is a great exercise to do with Seniors during their last week of a season.

**“THE END IS NOTHING THE ROAD IS ALL”**

**SEE TRAINING CAMP PLAY #10 ACTIVITY**

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**“MAKE IT A GREAT DAY +1”**