

ENDURANCE

the ability or strength to continue or last, especially despite fatigue, stress, or other adverse conditions

Mental-Moral- Toughness..... Dissipation (Wasting Away) must be eliminated.

MENTAL Conditioning must be endured accepted and most importantly be allowed to create Growth!!



LIFE THEME

Question: Are you mentally and morally tough. What are examples?

Truth:

Every person gets knocked down or fails but MEN get up and keep fighting for what they believe in.

Execution:

Never quit, never say I Can't!!!!

FOOTBALL THEME

Question: Why is it important for our Team that you are an individual of mental and moral toughness.

Truth: The opposite of courage in our society is not cowardice, it is conformity... **Rollo May**

Execution: Lead with conviction ..
Do NOT Waiver....

Go to: www.coachmertz.com

Watch Season 2 ..Week 2 Video.....Write thoughts on Back

“TRUE SUCCESS IS BUILT ON A FOUNDATION OF CHARACTER”

Success is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that your are capable of becoming.

JOHN WOODEN