

*Theme of the Week:*

# PERSEVERANCE

Continued effort to do or achieve something despite difficulties, failure, or opposition



## VERSE

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

*James 1:2-4*

## ACTION

Please review this lesson along with the linked video with your athlete. Then discuss the questions with them as well.

# WHAT DOES PERSEVERANCE LOOK LIKE?

When I hear the word perseverance I think of Dan (Rudy) Ruettiger. He grew up in Joliet Illinois in a lower-middle-class blue-collar family, the third of fourteen children. Ever since he was a small boy, Rudy dreamed of going to college and playing football at Notre Dame. But he was small, his grades weren't good, and his family had little money. Because of Dyslexia, a learning disability, Rudy struggled in school.

When he was a senior in High School, he was just 5 foot 7 inches tall and weighed only 150 pounds. No one thought Rudy would ever make it to Notre Dame, let alone play football there. Rudy worked at a Boiler Factory after High School for 2 years, saving money to pursue his dream. His grades weren't good enough to get into Notre Dame, so he spent two years at Holy Cross Junior College. He suffered through three crushing rejections to transfer to Notre Dame but was finally accepted as a student in 1974.

He came close many times to giving up on his dream of going to Notre Dame and playing football, as he worked tirelessly to pay his own way through college and make good grades. Beating all odds, Rudy earned a place on the Notre Dame scout team, a grueling practice squad position that helps the varsity team practice for games with almost no chance of playing in real games. Rudy's perseverance and hard work on the scout team caught the eyes of his coaches. In Rudy's senior year, the coaches allowed him to suit up for the final game against Georgia Tech. Coach put him into the game as a defensive end for the last two plays, on the final play of the game, Rudy sacked the Quarterback and was carried off the field by his teammates.

**DANIEL RUETTIGER'S PICTURE SHOULD BE IN THE DICTIONARY NEXT TO THE WORD ADVERSITY. HE HAD A DREAM, AND HE DID WHATEVER HE COULD TO MAKE THAT DREAM HAPPEN, NO MATTER HOW BIG OR HOW MANY OBSTACLES WERE IN HIS PATH.**

WATCH THIS VIDEO AND PAY ATTENTION TO HOW MANY TIMES RUDY GETS UP WHEN HE IS ON THE GROUND OR CONTINUES TO PERSEVERE EVEN WHEN THOSE CLOSEST PLAYERS TO HIM WONDER WHAT HE IS DOING. FINALLY, WATCH HOW THE CROWD AND THE TEAMMATES RESPOND TO HIM BECAUSE OF HIS NEVER QUIT ATTITUDE.



## REVIEW THESE QUESTIONS WITH YOUR ATHLETE:

- What do you think would have happened if Rudy would've just quit?
- How did it affect his teammates?
- What was Rudy known for? (Hard-worker, never quit even when his own family told him to, perseverance.)
- When you are playing a sport, do you ever have a hard time or mess up?
- Why do you think it is important to pick yourself back up when you have messed up? (It gives you a chance to learn from your mistakes and try again.)

**Adversity = Perseverance =  
Endurance = Not quitting  
when things get hard**

THINK ABOUT THAT THIS WEEK WHEN YOU HAVE A HARD HOMEWORK ASSIGNMENT OR YOU ARE HAVING A HARD TIME IN PRACTICE OR A MATCH. PUSHING THROUGH IT AND GIVING YOUR BEST EFFORT WILL MAKE YOU A BETTER STUDENT AND COMPETITOR!

**REAL LIFE**  
SPORTS