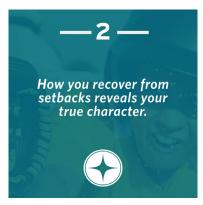


## 3 Key Takeaways





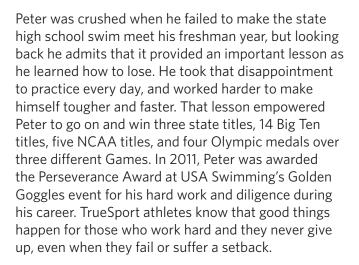


## The Basics

- Perseverance is defined as the quality that allows a person to continue trying to do something even though it is difficult.
- Perseverance is complimented by resilience, or the ability to recovery quickly from setbacks.
- Sports provide an excellent platform for teaching perseverance as athletes learn how to push themselves in order to successfully compete.
- TrueSport athletes have the awareness to find a lesson in each setback and the tenacity, diligence, and grit to persevere even when the task before them is challenging and seemingly unrewarding.

## Persevernace: Ambassador Story

Swimming Olympic gold-medalist Peter Vanderkaay knows the importance of perseverance and how lessons are learned from your failures. How you recover from setbacks reveals your true character, and anything worth having requires hard work. Peter was not always a world-class swimmer. In fact, Peter never dreamed of going to the Olympics when he was young. It was not until he truly committed to pushing himself every day in practice that he began to see progress.





## AMBASSADOR STORY QUESTIONS

- 1. What were the main points you took away from the ambassador story?
  - 2. Have you ever experienced a similar setback that made you more determined in the long run?
- 3. How can you demonstrate perseverance on a daily basis or with your team?