

Perseverance



3 Key Takeaways

— 1 —

It's okay to fail - if you're not failing your not learning.



— 2 —

How you recover from setbacks reveals your true character.



— 3 —

Anything worth having requires hard work.



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.

Perseverance: 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.



Peter was crushed when he failed to make the state high school swim meet his freshman year, but looking back he admits that it provided an important lesson as he learned how to lose. He took that disappointment to practice every day, and worked harder to make himself tougher and faster. That lesson empowered Peter to go on and win three state titles, 14 Big Ten titles, five NCAA titles, and four Olympic medals over three different Games. In 2011, Peter was awarded the Perseverance Award at USA Swimming's Golden Goggles event for his hard work and diligence during his career. TrueSport athletes know that good things happen for those who work hard and they never give up, even when they fail or suffer a setback.

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?*