



**RIVER VALLEY HS
FCA CLIPBOARD**

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"Always give a hundred percent, and you'll never have to second-guess yourself."

-Major League Baseball player, Tommy John

What does it mean to give MORE than 100%? Have you ever wondered about those who say they're giving more than 100%? We've all been in situations where someone wants you to give over 100% (coach, teacher, parent). Can you and I really achieve 101%? What equals 100%?

Here's a little mathematical formula that might help you answer these questions:

If each letter of the alphabet had a number: A=1 B=2 C=3 D=4 and so on - then:

H-A-R-D-W-O-R-K

$$8+1+18+4+23+15+18+11 = 98\%$$

and

K-N-O-W-L-E-D-G-E

$$11+14+15+23+12+5+4+7+5 = 96\%$$

but,

A-T-T-I-T-U-D-E

$$1+20+20+9+20+21+4+5 = 100\%$$

now, look how far the love of God will take you -

L-O-V-E-O-F-G-O-D

$$12+15+22+5+15+6+7+15+4 = 101\%$$



Here's the point, we can conclude with mathematical certainty that while hard work and knowledge will get us close, and attitude will get us there, it's the love of God that will put us over the top! 101%

Upward bound,
Coach Pat Street




NEED TO TALK?
CALL COACH STREET
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“QUALITY”

“Quality isn’t an accident; it’s always the result of intentional effort and choice!” –Coach Pat Street

When it comes to walking out our Christian life - it’s all about **quality**. According to the Bible those who chose to follow Christ will be judged on the actions of their life -

“For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad.” -II Corinthians 5:10

We must live our lives so that we’re not stripped of the rewards God has for us.

At the Seoul Olympics in 1988, Ben Johnson ran the 100 meters in 9.79 seconds making him the fastest human ever. It was a proud moment in Canadian athletic history that quickly turned into a nightmare. Only 62 hours later Olympic officials entered Johnson’s room and walked out with his gold medal. Ben Johnson had tested positive for steroid use. The Canadian sports establishment was scandalized. Johnson lost millions in endorsements and sponsorship fees and he was suspended from competition for two years.

Paul says, in I Corinthians 9:25b, we’re running to win a prize - the spiritual race of life produces an eternal reward.

“Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those that love him.” -James 1:12

Run it with quality!



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www.timeoutsports.org

Coach Street’s website -

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