



**BELIEVE!**

*The task ahead of you is never as great as the power within you!*

The first step in being a winner is believing; if you don't believe you can't compete! Believing is the stepping stone for confidence. Confidence means nothing if you have no skills and without skills you will never have confidence. You gotta believe! To be successful in sports you have to believe in yourself, your team, your coaches, your parents, and your ability to accomplish what you want to accomplish. And to truly have confidence you need to believe that someone or something has given you the ability to be great, all you have to do is cultivate that talent, develop it and maximize it-it is there. If you don't believe in all of these areas you will never reach your potential as an athlete or a mature human being. To believe in yourself the way you need to; to be successful you have to "sell out". The belief that you were given the ability to be an athlete and possibly a great athlete is just the beginning!

Our "Believe" program covers areas that can't be approached by high schools. We can actually provide every kid in our program the opportunity to be the most rounded most complete athlete possible by incorporating and maximizing the power of faith and religion regardless of what that is. While high schools won't allow this, we can. And we can do this in a way that is not offensive and a way that isn't overbearing. We want our kids to feel comfortable in developing this aspect of their game. This may be the area that they have never embraced and could be the difference in making them reach the goals they set for themselves or goals they never even thought they could accomplish. Never underestimate the power of faith and how it can impact the mind and ultimately the body.

This is an ever changing program, we strive to seek ways of getting kids to believe in themselves, the power behind the athlete-parents, coaches, teammates, friends and yes programs such as BigTime Athletic Development. The goal in addition to this is to get them to believe in the power within themselves.

Keep in mind that we are constantly using athletics and all that involves athletics to help kids develop spiritually, we are not claiming in any manner that we are substitutes for kids' and families' churches and their activities. Our approach will be to use athletics to peak their interest and provide programs that they feel more comfortable in because it is an athletic and competitive environment. The old saying "you can catch more bees with honey" may be appropriate here.



### ***Creating the 3 tool Athlete:***

We believe that the total athlete, the complete athlete and complete competitor has to be a three tooled athlete-physical, mental and spiritual. While some of these tools are developed by pre-existing programs and many are addressed separately, we want to address these issues together and enhance and develop them together. We want to add to what is already being done, create more interest by combining the development. We want to work with existing successful programs but also develop our own so we can adapt them more to the student athlete. We have three distinct tools that we want to develop and we have many questions that we want our athletes to answer so they can believe that they are the most prepared athlete in the country. The following is a check list of how the 3 tooled athlete must prepare. How do you think most athletes will stack up?

1. ***Physical Preparation:*** Are you ready physically? Have you worked as hard as you personally can work to have yourself physically prepared for the competition? BigTime Athletic Development programs do this; they give you the confidence that you are prepared at a level that makes you believe in yourself that you can accomplish anything! Have you worked on the fundamentals of your sport to the point that you know when you step on the court or the field you don't have to think about what you have to do fundamentally you just have to do it?
2. ***Mental Preparation:*** Do you have the mental aspects of the game mastered? Do you understand the team strategy and understand your contribution and your role. Do you accept your role, your contribution your sacrifice? Do you have a strategy to handle the mental toughness needed for competition? Can you handle the success and the failure within your sport? If you are mentally prepared then you will believe in yourself and no matter what happens that will never change you will be successful.
3. ***Spiritual Preparation:*** Have you prepared yourself spiritually? Is your game complete? Have you spent the time and the effort to prepare yourself in this area? Preparing yourself spiritually is not just going to church or taking part in your religious endeavors. To fully prepare yourself spiritually you have to actually believe in what you do, believe in what you have learned and how you prepared. Also, if you believe that all of these things are in the hands of someone or something else you can relax and let everything slow down in your mind so you can process it and handle it. When you play with extreme confidence and without

fear, then this is when your game goes to a whole other level. It won't just happen you have to make it happen, and you make it happen by being prepared.

### **Believe Program Goals:**

Once we have determined our 3 tooled preparation we can look at what we need to do to accomplish our goal of being prepared. The BELIEVE program is not just one program but an accumulation of various programs that address the areas that need to be dealt with. BigTime Athletics Foundation addresses many of the physical and some of the mental but the remaining areas can be addressed through out BELIEVE program. Here are some of the goals that BigTime Athletics Foundation and our "BELIEVE" program have set to be addressed with our individual programs underneath our BELIEVE program umbrella.

*...Hard work beats talent when talent doesn't work hard!*

BELIEVE program goals:

- Develop Life skills, self esteem and self confidence
- Give kids the tools to handle today's pressures on and off the field or court through stress management techniques and coping skills. We will use our own programs or other established programs.
- Using our resources for academic assistance which can be a huge stressor for kids and their families and can derail any athlete at any time.
- Fundamentals of believing. Learn how to feel confident in what you believe in—learning what you believe in morally, athletically and spiritually, and in some cases helping to establish what to believe in. ex. Believe in yourself your program your coaches, your parents and your God.
- Tie in athletics to spiritual awareness. There are many opportunities to help connect athletics and our beliefs if just allow the two to help each other!
- Community awareness, giving back to the community. Every kid that is involved with our non-profit program will be required to give back to the community in various ways. Volunteer coaching in our camps, coach an entire team, be involved in some type of church activity, mission trips, habitat for humanity etc. We may be able to provide jobs if our programs are funded well enough some of these may be volunteer as well.

*...The harder you work the harder it is to surrender!*

The BELIEVE program entails several programs that we want to run and several that are established by other organizations that we can partner with. Below is brief description of some of the programs that we intend to provide if funded sufficiently. Remember that these programs are in conjunction with our athletic training programs and our Academies that we have established for the various sports.

***Mentoring and Educating:*** This program is primarily the exposure of the athletes in our programs to individuals either adults or students that qualify that have had success in athletics and in the business world. We believe that the best way to influence and educate kids is for positive examples to be set by individuals that will have the respect of the young athlete. Kids listen to people that have been through what they have and have come out the other side with positive results. BigTime Athletics Foundation has a reservoir of potential mentors and is constantly seeking more. It will be up to us to match kids up with the right mentor and to provide some guidelines and recommendations to help them succeed. This is an opportunity for mentors to talk to kids about the positive effects of believing and the relationship that they have with God and what they believe. We are not doing anything but giving kids positive examples amongst a forest of negative examples in hopes that they see the positive examples as the way to go.

***Virtual Mentoring:*** There are a lot of motivational videos and cds that are available to athletes we intend to provide these to kids and require that they watch and/or listen to them. We want to be able to show our kids the life story, the struggles and sacrifices of athletes that have been successful. Most kids think that the great athletes just happened- they never had to work hard or struggle. There is in almost all instances a story of hard work, sacrifice and many different methods of coping and getting through it all. We want our kids to know about these and learn from them. We want to know how these athlete's deal with the spiritual aspect of their struggles and successes what they believe in and what their relationship with God is how this impacted them. If we can not find what we want we will begin filming our own mentoring DVDs and marketing them for the foundation.

***BigTime after hours:*** The institution for Youth, Education and Families and the national league of cities performed after school studies. During a typical week as many as 14 million children and youth in the United States lack adult supervision during non-school hours! The FBI states that "lack of structure and supervised after school programs in America, contribute to a higher incidence of drug and alcohol use and delinquent and criminal behavior. We want to set up our "study hall". Just like what colleges do, we want athletes to stick together and help each other and receive help themselves. Parents can only help so much when it comes to homework, some can handle it all. We think that if we can provide quality help, put kids together with other athletes, structure it and maintain discipline this could make a huge impact on help kids with their homework and ultimately getting into college. We can even do things in the study hall to make it fun and enjoyable. We intend to be on the cutting edge of this because we think this is something that can make a huge difference in an athlete believing in themselves and keeping them motivated.

***BigTime Payback:*** With everything that we provide to our athletes we expect something in return. We will require that our athletes give back to the community in a variety of ways. We want to be able to have our kids relay our message to the younger groups and help the newer kids develop by learning from the older kids, sometimes this is the best

way to teach and to learn. There are other ways to give back also, being involved in church youth groups, homeless shelters, habitat for humanity etc. There are many worthwhile organizations that our kids can make a difference by applying it to other situations. They will also learn valuable lessons in every situation that we put them in which is part of the plan.

### ***Martial Arts***

Martial Arts is an ideal way to implement many or all of the aspects of the 3 tooled athlete. There are many different martial arts programs that we can rely upon to teach our kids the mind body and soul preparation that we want from our programs. The ability to apply this to stress management coping skills and even everyday life skills is invaluable to today's young athlete. The foundation doesn't have to reinvent the wheel because of the huge number of organizations out there that can provide services. What we have to do is organize it and implement it so kids can fit it into their lifestyle and busy schedule. Many kids would like to be involved with a martial arts program but if they are involved with any sport at all they will have a difficult time fitting it in. A complete commitment would be very difficult and may actually add to the already stressed lifestyle. What we can do is adapt it and create a program that gives the kids what they need to get out of it to help them with the development of mind, body and soul.

***Being average means you are as close to the bottom as you are to the top!***

