

HEART OF A Champion[®]

CHARACTER DEVELOPMENT PROGRAM

Volume 4



Integrity

HEART OF A CHAMPION®

CHARACTER DEVELOPMENT PROGRAM

**“Tell me a fact and I will learn. Tell me a truth and I will believe.
But tell me a story and it will live in my heart forever.”**

- Anonymous.

In ancient Greece, the word for character was *charakter*, which means “the express image; something cut, engraved, or stamped; a mark, a sign or an impression; the exact representation of the object whose image it bore.” The idea is that our character is the express image, or exact representation, of who we really are. As legendary basketball coach John Wooden once said, “Reputation is who people think you are. Character is who you really are.” There it is: **Your character is who you really are.**

Character is the inward motivation to do what is right according to the highest standards of behavior in every situation. Character is the combination of qualities built into an individual’s life which determine his or her responses, regardless

of the circumstances. **Character is what you do when no one is watching. And character comes from your heart.**

The men and women highlighted in this program have demonstrated that kind of character. Their stories are great examples of character. Because of that, these people are true champions of our age. However, athletes, like all people, are human and prone to making mistakes. They have real-life challenges and struggles and can make poor choices. Character is an ideal to always strive for, but character can be developed even through times of personal failure as well as personal success. Please recognize that the individuals profiled here are not the focus of this program. Rather it is the stories of character demonstrated that are most important and valuable. This program is not focused on sports, or

personalities; it is focused on character. We recognize that you are special - created uniquely and individually, with special gifts and talents, and a role to fill in this world that nobody else can. This program is designed to help you get the most out of your life.

You have the power to be a person of character; to affect your future and realize your destiny. No other person can make that happen in your life. You alone are responsible for rising to the challenge of being a true champion. Achievements, accolades, appearances and performances will all one day fade away. Ultimately, your character is the one thing that will last, and the one way people will identify you. **Dive in to this program and be a true champion!**



THE HEART OF A CHAMPION PROGRAM IS BROUGHT INTO YOUR SCHOOL THROUGH THE SUPPORT OF:



TRIQUETRA FOUNDATION



MARINER ENERGY, INC.

do you have the HEART?

1st INNING – MONTH 1

Commitment

To what is right, To the truth, To people, To doing your best

2ND INNING – MONTH 2

Leadership

In crisis, Among those younger, Among peers, Among siblings

3RD INNING – MONTH 3

Perseverance

In adversity, In failure, Against the odds, With emotions

4TH INNING – MONTH 4

Teamwork

In a group setting, In the family, Thinking team first, In trust relationships

5TH INNING – MONTH 5

Respect

For others, For self, For competitors, For authority

6TH INNING – MONTH 6

Integrity

In speech, When it's on the line, In example, In relationships

7TH INNING – MONTH 7

Responsibility

At home, To work, To others, To serve

8TH INNING – MONTH 8

Self-Control

With body, With emotions, With speech, With freedom

9TH INNING – MONTH 9

Compassion

For family, For those in need, For peers, When it cost you



*Heart of a Champion is generously supported
in your school by the*

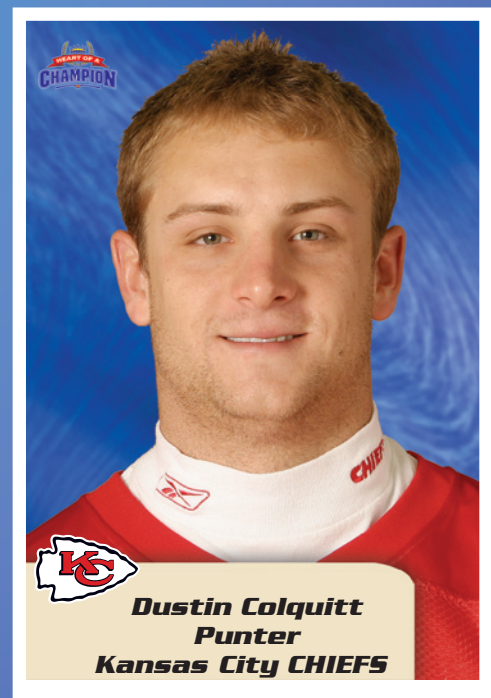
Kansas City CHIEFS

Integrity

One of the elite young punters in the NFL, Dustin Colquitt has proven he can change field position with one swing of his leg. Colquitt became a dangerous weapon for the Chiefs upon entering the NFL. In 2006, he led the NFL with a 39.3 yard per punt net average. He combines a strong leg with uncanny accuracy – a combination that has enabled him to boom numerous punts of 50-plus yards in his young career, as well as nearly perfecting the art of dropping the ball dead inside the 10-yard line. He comes from a family of distinguished punters, including his father Craig, who won two Super Bowl rings.

"There are many times throughout life that we have the choice to take the easy way out or to stand up and do what's right. If you stay true to your value system and do the right thing every time, your integrity will never be called into question."

-Dustin Colquitt



**Dustin Colquitt
Punter
Kansas City CHIEFS**