

Commitment is the key to success

In order for an individual or organization to obtain success, one must be committed. Commitment entails being bound to a pledge or duty according Webster's Dictionary. Responsibilities and sacrifices are encased in commitment. Without them no goal or objective can be achieved.

Commitment also involves tenacity which is the ability to continue on despite difficult circumstances or obstacles. When presenting sports to our youth, coaches should reiterate the importance of commitment to their players. Participants in sports must understand that coming on the day of the event or game is not sufficient. Understanding that practice along with all the other obligations are necessary in order to achieve success.

Success does not occur overnight. It is an ongoing process. Working with youth, I have come to the conclusion that instilling commitment is imperative in order for them to thrive in the future. Constantly verbalizing that their presence and enthusiastic participation will be beneficial now and in the future. Each individual needs to assess their commitment to their sport. Coaches, parents and administrators must do the same. Being the leaders of the youth, we must lead by example.

Teaching commitment will benefit our youth now as well as in the future. Life skills can be learned through commitment to sports. Individuals can learn the value of teamwork. Understanding that when you are part of a team you lose some semblance of individualism. Being committed to your team, teammates and the sport is essential for overall success.

Take a quick glance at some individuals and organizations who were exemplary in exhibiting commitment in their respective sports: Vince Lombardi (legendary football coach), Michael Jordan (superstar basketball player), New York Yankees (baseball team). These individuals and organizations are the staples for commitment to winning and excellence. This did not occur overnight. It was a process. It is something that has been earned over several years of dedication.

These lessons can be transferred into life skills that coincide with relationships, business, and social matters in our youth. Ultimately teaching the youth about commitment will indelibly impact their lives and society at large. This will ensure their success and gauge our commitment to excellence.

<http://www.examiner.com/article/commitment-is-the-key-to-success>