

*Very few people find joy in moving heavy stones, in doing work. But the work must be done for something to be built that will stand the test of time. Sometimes they stand for days, years, or millennia. Either way the work must be done, the stones must move. It's in our nature to do the work, to move the stones, because we build things. We build memorable things like monuments, castles, and bridges.*

*The size of the rock is defined only by the vision of the architect. The best of whom, dream great dreams without considering the weight of the stone. They know the stones will be moved. It will be built. We will find a way.*

*We build other things by moving these stones. Things like will, power and strength—inner and outer. We develop great character, too. It takes great character to build something, with those heavy, hard to move stones that you must move a great distance. It takes commitment and heart.*

*You'll learn about perseverance. You'll learn about the kind of person it takes to move something very heavy over a great distance. More importantly, you'll learn about yourself. What was once there is now here because of you- your effort, character, commitment, and heart.*

*It takes more than two-thirds of the work to create only the bottom third of the pyramid. The biggest stones must come first, in order to build a proper sturdy foundation, a test of worth.*

*Starting is the hardest part and anyone can move the small stones. Only the strongest can lay the right foundation. Some days the stones feel light and the distance is short. Many will move and structures will take shape. Other days a single stone will move but a few feet before energy is exhausted. But the stones move they must always move.*

*Pick it up, over and over.*

*You will hurt. But you will grow strong. Very strong.*

*And what you have built will be ready to stand the test of time.*

The goal of the coaching staff is to build a foundation strong enough to build a team competitive in the area and beyond. To achieve these goals changes have to be made, work has to be put in. We thank you all for welcoming us into your team and look forward to the team we will build together.

Coach Phoebe and Casi