



# Hold the Rope



Every year a team wins the CIML conference championship. Every year 8 teams win the game to go to state in 4A. Every year a team wins the 4A Volleyball State Championship. All these teams have one thing in common. No matter how tough the training, school or life in general, they did one thing together – they held the rope.

What is holding the rope? Imagine that you are hanging from the edge of a cliff with twenty thousand feet below you. The only thing between you and a fall to your death is a rope with the person(s) of your choice on the other end. Who would you trust to hold the rope so you could climb to safety? Who do you know that would let the rope scar their hands and still not let go? How many people could you count on who would withstand burning pain and watch blood drip from their hands for you?

The next time you are with the team, look around and ask yourself, “Who could I trust to hold the rope?” “Who could I count on to overcome the pain for me?” When you can look at every member on your team and say to yourself that they all would hold the rope, including yourself, you are destined to win a lot of volleyball games.

You see, the team that holds the rope when the going gets tough...wins. When the last few points of a match need to be won and the score is close and fatigue and pain have set in, tell your teammates, “I’ll hold the rope, I’ll overcome the pain and hold the rope for you,” then ask them to hold it for you.

Every year there are winners and losers in every sport. Every year the winners overcome the fear of failure and the threat of physical pain and hold the rope while the losers plunge to their death. If you prepare well by listening, learning, and providing effort when your coaches and teammates ask for it and most importantly – hold the rope – our team will be successful. In order for a team to win and win consistently, each member must choose to commit totally to each other and the team’s goals. When you’re asked to run, DO IT. When you’re asked to lift weights with intensity, DO IT. When you’re asked to eat and rest, DO IT. When you’re asked to compete, DO IT and DO IT with total COMMITMENT. Never let go of your commitment and intensity towards a Championship. Always overcome and always ...

## “Hold the Rope!”

