

# WHAT IS A CHAMPION?



MOVEMENT SKILLS FOR LIFE

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## ZONE #1

## PLAY BOOK



# WHAT IS A CHAMPION

## HAVE YOU EVER THOUGHT ABOUT WHAT IT REALLY MEANS TO BE A CHAMPION?

**YOU NEED TO THINK ABOUT THIS IF YOU WANT TO BECOME ONE.**

Focus on the meaning of the word. Your mind might drift to a particular person that you believe is a champion. That is normal for all of us. Think about the word Champion and come up with your own definition.

**MY DEFINITION OF A CHAMPION IS:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**NAME SOME OF THE PEOPLE YOU PERSONALLY THINK OF AS  
CHAMPIONS.**

**A.** \_\_\_\_\_

**B.** \_\_\_\_\_

**C.** \_\_\_\_\_

**WHAT MAKES THESE PEOPLE CHAMPIONS TO YOU?**

**A.** \_\_\_\_\_

**B.** \_\_\_\_\_

**C.** \_\_\_\_\_

# Most dictionaries define a Champion as: "A WARRIOR OR FIGHTER"



If you are a warrior or fighter it means you are going to fight against something...IN THIS CASE YOU ARE GOING TO HAVE TO FIGHT AND WORK AGAINST THE DESIRE TO DO ANYTHING LESS THAN YOUR BEST! As a Champion, the "desire to do anything less than your best **"is always your enemy"** It is the foe that you will have to overcome if you want to enter the **CHAMPION ZONE**

Having talent is certainly an important part of becoming a Champion. Coach Rozy, the Host of Elevation Nation, mentions that we are all born with talent and gifts, it is import to use these for good.

Have you discovered a certain "SOMETHING" that you can do well or have a special talent for?

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Make a list of things you believe you can do well.

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Coach Rozy mentions that a lot of people waste their talent. How do people waste their talents and gifts?

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Give an example of someone wasting their talent.

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In your opinion, does it take more than just possessing talent and gifts to become a Champion? 

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**Explain what you mean by your answer:**

**ACCORDING TO COACH ROZY, IS IT IMPORTANT TO SET GOALS IN ORDER TO BECOME A CHAMPION?**

**YES OR NO (CIRCLE ONE)**

**LIST 3 OF YOUR MOST IMPORTANT GOALS**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



**ADVERSITY, OR PROBLEM, SHOULD NEVER STOP YOU FROM BECOMING A CHAMPION!**

TRUE OR FALSE (CIRCLE ONE)

Why is it important to not let problems or hard times stop you from reaching your goals.

\_\_\_\_\_  
\_\_\_\_\_

Most people define success by how much you make. You do agree? Why?

\_\_\_\_\_

In the video with Coach Rozy, he defines success as having goals and reaching them. Do you agree with this? \_\_\_\_\_

Why do you think having a parent or coach is important in learning to become a Champion? \_\_\_\_\_



Coach Rozy mentions 6 very important ingredients to becoming a Champion. Listed below are the ingredients. Beside each area, explain why you believe they are important.

1. CHARACTER -

2. SKILL -

3. FITNESS -

4. NUTRITION -

5. ATTITUDE -

6. DECISION MAKING -

**COACH ROZY MAKES CLEAR NEAR THE END  
OF THE SECTION WHAT IT MEANS TO BE A  
CHAMPION.**

**A CHAMPION IS SOMEONE WHO  
REACHES  
HIS OR HER**

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# CHAMPIONS VOICE TO ELEVATE2GREAT

"Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill"

**MUHAMMAD ALI**

"It's easy to have faith in yourself and have discipline when you're a winner, when you're number one. What you got to have is faith and discipline when you're not a winner"

**VINCE LOMBARDI**

"If you want to be a champion, you've got to feel like one, you've got to act like one, you've got to look like one."

**RED AUERBACH**

"Success comes from knowing that you did your best to become the best that you are capable of becoming."

**JOHN WOODEN**

"Being noticed does not always manifest itself in the life of a Champion. Some of the greatest Champions are never read or heard about. They have chosen to give their lives away serving others in obscure, tucked away places. Their recognition is yet to come."

**ANONYMOUS**



# NOTES