



**THEME FOR THE MONTH OF JULY-COURAGE**

*from*

**VARA Youth Coordinator Alex Krebs**

**COURAGE**



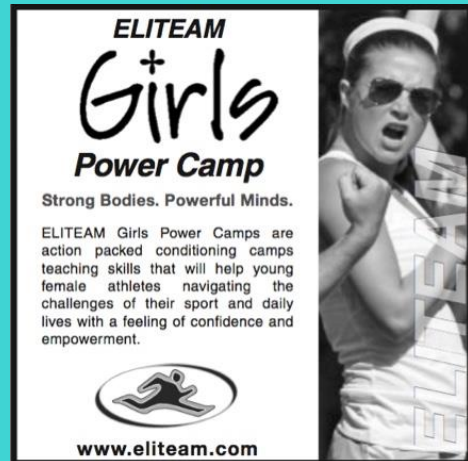
Whether it's hurling yourself down a SL course, GS course, starting in a soccer game, football game or any other sport or even life in general, we all need courage. Ski racing is an amazing sport and teaches great life-long lessons. Just as the lion in the Wizard of Oz needed to find his "courage" so do we.

Courage is not something that can be given to you, it takes work, practice and should become part of your routine. It is often a measure of our self-esteem and will. It is always "the difficult path." There is no courage without risk. If you are not willing to jump over into the cornice, fly out of that starting gate, make the first pass with the soccer ball or football than personal progress will not be made. We cannot speak about courage without thinking about losses and victories.

Here are six things to think about on a daily basis.

1. Courage means being afraid and acting anyway.
2. Courage is a habit, a muscle you can exercise.
3. Focus on the people or cause you are standing up for.
4. Find courage in numbers.
5. Learn to attend to positive signals and to discount negative ones.
6. Find role models in quietly courageous people.


As scary as it may seem at the time, embrace those fears and use courage to be your friend.



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