

# SOFTBALL

## ST. THERESA OF THE ANDES



St. Teresa of the Andes was very kind to the elderly and to the poor.. Teresa enjoyed doing many of the things children today enjoy doing. She went to school, participated in sports, and had fun with friends. She was an ordinary person, yet she focused her life on Jesus and tried to love others as he loves them. She once stated “The soul that has his hope in God has nothing to fear, for all obstacles, difficulties, He overpowers.”

### VIRTUES

**Hope:** Athletes must have hope in something greater, recognizing that all of the small efforts and details will pay off.

**Perseverance:** Athletes must persevere through adversity, be it losses, hard practices, or injuries in order to achieve their ultimate goal.

**Joy:** Athletes must recognize the greater joy behind all that they do, recognizing that happiness is fleeting but their joy from the Lord and love of the game shine through.

### APPLICATION

**Invoke** the intercession of St. Theresa during your practices and games (ie. St. Theresa, Pray for us)

**Name** a drill after the saint.

**Encourage** the players to discover ways to relate the saint's life to what you are doing during practices or games.

