



Every year a professional football team wins the Super Bowl. Every year a college football team wins the NCAA title. All these teams have one thing in common. No matter how tough it gets throughout the season, they all do one thing - they "hold the rope!"

What is "holding the rope?" Imagine that you're hanging from the edge of a 20-thousand-foot cliff and the only thing between you and a fall to your death is a rope, with the person of your choice on the other end. Who do you know that has the guts to pull you to safety? Who would "hold the rope?" Who is going to let that rope burn in their hands and not let go? How many people do you know that are going to withstand the burning pain and watch the blood drip from their hands for you?

If you can name two people, that's not good enough, because those two people might not be around. Look around at your fellow teammates, look around and ask yourself, who can I trust to "hold the rope?" Who is going to let their hands bleed for me? When you can look at every member of the team and say to yourself that they would all "hold the rope", you are destined to win. You see, the team that "holds the rope" when the going gets tough are the winners! When you are down by four points with the relays to go, don't give up. Yell at your teammates to "hold the rope." Let it burn but don't let go.

Every year there are winners and loser in all sports. Every year the winners "hold the rope." You don't have to be the best team in the pool to win the meet. If you play with poise and enthusiasm, do what your coaches ask of you, and most of all "hold the rope", you will be successful. No matter what sport you play, in order to win, you have to make a commitment to your team.

If you are supposed to hustle and pay attention in practice, do it. If you have to lift weights four times a week, don't miss. When you start letting up at practice or start missing your workouts, you've killed the team because you didn't "hold the rope." Make the right choices for yourself and your teammates.

**DON'T LET YOUR TEAM DOWN.
HOLD THE ROPE!**