

## **Never give up.**

I am going to start off with borrowing a phrase from Ophra Winfrey, my close personal friend. She is my close personal friend because I read her O magazine in bed.

The Oprah magazine last page is a full page entitled, "This I know for sure." "What I personally know for sure is **"I never give up."**

My son Matt was an active member of the Men's Washburn Tennis team through his high school experience. He now is very successful playing tennis for UW-Eau Claire. He's currently stoked that he was chosen to travel with the team to Texas over spring break. He wasn't chosen last year. It broke his heart and spirit. He was beside himself and truly amazed he wasn't chosen. He announced to me he was done with tennis. Being a passionate dude like his mom, I understood he just needed time to heal from the blow. After some time, he began to work with his college coach to determine what he needed to work on to improve his tennis game, attitude and mental game. Through many conversations from his past Washburn tennis coaches and supportive chats with his parents, he didn't give in and **he didn't give up.**

Matt's 20 yrs. old now. He doesn't have brothers & sisters. His dad & I went through six and a half years of fertility drugs to bring my dream of having a child of my own to fruition. Through my drugged-up years of 3 doc. appointments a week; poking, prodding, mixing vials of drugs and shooting up fertility drugs exactly timed 8 minutes before I taught a group fitness class, I had the audacity of making a bargain with God. I told him, "If you bring me a healthy child, I promise to follow your direction for me for the rest of my life." One month later I was pregnant with Matt. He stuck. After two losses. He brings me unimaginable joy. **I never gave up.**

In tennis, and in life you need to fight, stay in the game, stay in the moment and **never give up.**

No matter what happens on the court or in your time off the court, stay with it. Fight for it. Commit to getting that ball over the net one more time than your opponent. Research what you need to succeed. Who can help you with that missing piece? Who do I need to work with? How do I need to change my vision, goal or my attitude. What is the bottom line here? Do I need to change up how I fuel my body? Is more time needed to rehearse your mental game. Spend time to figure it out.

But under no circumstance should you chose to ever give up. Don't quit. Commit to figuring it out. Take a break if needed.

**But never, ever give up.**

When you are on the playing on the tennis court, your plan may not be working. Your shots are long. You are spraying the ball into the next court. Your strokes are not dialed. You may be way behind the eight ball. Mentally you are everywhere. Stay with it. Raise your game with a different angle to solving the problem. Change just one thing. Hit each ball with razer sharp focus. Or, change your mental game. Get out of your head and just hit the ball. But under no circumstance do you chose the road of tossing in the towel.

**You have the power here. Chose to never give up.**

I'd like to share one of my favorite athletic visions of mine. I am in the audience viewing some of the last minutes of the city hockey championship. Matt's on the team as a middle schooler from Anthony Middle School playing on the Lynnhurst Community team. His team is loaded with talented, experienced players. Their opponent is undefeated for the season. They have one loss going in. The whole team is fighting together. They are in a double over-time position and they are behind. The entire audience has been standing, ringing all the cowbells I could hustle up and screaming at the top of their lungs.

One of Matt's teammates was determined to get that puck in the net for a win. With 30 seconds left on the clock, he started skating as fast as he could to get control of the puck. He threw his body down for a slide with his hockey stick throw out as long as possible. It literally looked like an extension of his body. His body slides on the ice under radar, hooked the puck on the end of his stick and got the puck away from their opponent. He pushes it with everything he's got to his teammate. His teammate puts it in. The bell rings. They win.

**Together, as a team, they never gave up.**

It's a constant choice. Every single second of your day, you have a choice to not give in on your dreams, your life goals or growth in your tennis game.

*Stay well & stay in moment.*

**Chose to never give up.**

Never Give Up!



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