

## "Hold the Rope"

Every year hockey teams across the world win championships of one kind or another. All of these teams have one thing in common, and contrary to popular belief... having all gifted and talented athletes is not necessarily the answer. No matter how tough it had become through their season, the players on these teams did one thing ... they all learned to HOLD THE ROPE.

What is HOLDING THE ROPE?

Imagine you are hanging off the side of a cliff with a drop of 10,000 feet. The only thing between you and a fall is a rope with the person of your choice at the other end.

Who do you know that has the strength and courage to pull you to safety? Who will hold the rope for you?

If you can name just two people, that's not good enough!! Those two people might not be around when you need them to hold the rope for you!

So the next time your team is together, look around and ask yourself one question... "Who could I trust to hold the rope?" Then think of yourself and ask the same question – "Who would I HOLD THE ROPE for?"

When you can look at EVERY member on your team and say to yourself that I would hold the rope for any one of my teammates and they would all HOLD THE ROPE for me, then you are destined to win a lot of hockey games.

You don't always have to be the most skilled team on the ice to come out on top. To win hockey games, you must have a commitment to your team. It starts in practices... If you are supposed to "go hard to the blue-line" then go HARD to the blue-line! If you have to practice anything - do it well, don't just go through the motions without an honest, hard effort. Once you start just going through the motions without trying, you are only letting yourself and your team down because it will lead to you NOT holding the rope for your teammates.

Hockey is a team sport that needs everyone working together as one unit. We all need to be there for each other and be ready to HOLD THE ROPE for our team.