

COURAGE

Definition

The quality of mind or spirit that enables a person to face difficulty, danger, or pain without fear; bravery.

Story

Lauren Hill is a Division III freshman college basketball player who has been afflicted with a rare, incurable form of brain cancer called DIPG. Hill's story has been truly inspiring. In order to make sure that Lauren was going to be able to play in her first college basketball game, the NCAA approved moving the game up two weeks. Hill scored the first official basket of the NCAA season with a layup using her non-dominant hand—the hand that she has been forced to use because of bouts of dizziness due to DIPG.

An estimated 10,000 people showed up at Xavier University to see Hill play in the game, and the event was so large on social media that the live streaming video crashed on Fox Sports and Cincinnati's local channel.

In an interview, Hill stated, "I've never felt so good in my entire life."

Scoring the season's first basket wasn't the only reward for Hill. At halftime, former Tennessee coach, Pat Summitt, awarded Hill with the Pat Summitt Most Courageous Award to recognize her bravery in her fight with cancer. The award is normally handed out at the Women's Final Four, but in an unprecedented move, the USBWA board voted unanimously to honor Hill.

Hill also made the final basket of the game—this time with her dominant hand—as Mount St. Joseph won the game 66-55. Tweets poured in at #1More4Lauren from well-wishers, celebrities, and basketball programs around the country.

Every once in a while, there are sport events like Lauren Hill's that go above and beyond sports, and bring everyone together in favor of a common goal.

Quote

“Courage is not the absence of fear, but rather the judgement that something else is more important than fear.” *Unknown*

Interaction

1. Can you remember a time in your life in which you had to have courage?
2. What is the most courageous act you have ever witnessed?
3. Do you think courage is an important characteristic for an athlete to have in order to be successful?
4. What are some ways to gain courage?

Main Idea

We are all put in situations that make us feel pressure or fear. It is how we handle those situations that determine our level of courage.

Take Away

“Courage is being scared to death and saddling up anyway.” *John Wayne*