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Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America Training

Lake Zurich Lacrosse Club

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Lake Zurich Lacrosse Club Guide to Winning Lacrosse and the Game of Life: Lessons Learned From Thrive Project for America Training Lake Zurich Lacrosse Club
What does it take to win in lacrosse and in the game of life? Find out what a determined group of high school boys and girls lacrosse players learned from a training program led by Navy SEALs. The Lake Zurich Lacrosse Club took a bold step and arranged to have Thrive Project for America conduct a unique half day leadership and team building training. The program was unique because it didn't focus on lacrosse skills and it was led by current and retired Navy SEALs. Thrive Project for America, a nonprofit organization based in Antioch, conducted the four-hour program using both physical challenges and classroom instruction. Thrive is dedicated to bringing education and leadership training to the youth of America, developing confident and competent young adults by using Navy SEAL training in a fun, engaging, and results-oriented format. During the physical training, players competed in a modified SEAL challenge. It involved pushups, sit ups, a 1.5 mile run and demanding team relays. The classroom instruction helped players connect the physical activities to real world life lessons. Both elements were designed to help players understand how mindset allows them to perform at peak capacity. The program incorporated physical challenges for specific reasons. To develop mindset, it must be challenged. Intense physical activity is one of the most efficient and effective mediums for breaking through self-imposed mental barriers and developing the reliance to handle the most challenging events in the game of life. The Thrive Project for America trainers teach players that the only factors they control to be successful are attitude and effort. That’s why having a positive attitude and giving a hundred percent effort helps players become more resilient. This book captures in words and images the events and the lessons Lake Zurich Lacrosse players took away from the Thrive Project for America training. Including: • The feelings they experienced when they hit their own self-imposed wall… and pushed through it. • How they applied the classroom concepts in the physical team challenges. • Why mental toughness helps them succeed both on and off the field. • How the physical team challenges brought players closer together and fostered new levels of team work. • How the training created opportunities for self-awareness and personal growth. • Personal insights into what players feel it takes to be a better leader and teammate. We trust that our players’ experiences and thoughts will inform, inspire and motivate you to develop the mindset of a winner.

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