## Soccer Source 360 believes personal growth occurs through team participation!

## Soccer players learn:

to sacrifice for the unknown.

to work towards goals.

to work with teammates they like.

to work with teammates they do not like.

how to lead.

how to follow.

time management.

to focus on the process.

to work towards the outcome.

individual responsibility within a group

resilience.

to prepare.

character wins over the long term.

to believe in others.

to continue to learn.

to compete.

to push their limits.

a healthy lifestyle.

commitment.

to be challenged by adversity.

to control their emotions.