

Work Ethic:

The Great Equalizer

Every school has one. The athlete who, by his sophomore year, earned titles, broke records and received plaques and awards from the local newspaper. The athlete other teams trained to beat. The athlete that has everything it takes to make it to the next level-everything except a great work ethic.

Instead of strengthening his athletic ability in the weight room and perfecting his fundamentals in the field or on the court, the athlete relied on his innate abilities. His gift of natural athleticism, while always a blessing, became a curse. And instead of building on his early success, he became just another player.

No matter where you fall on the spectrum of natural ability, having a strong work ethic will level the playing field. It will help you take your game to the next level, make up for lacking skills and put you ahead of your rivals.

Dedication to training, in season and out, leads to better numbers year after year. Commitment to your team helps you get noticed by coaches and scouts. Determination takes you to the next level.

Nothing can be done about where you start in terms of natural ability, but everything can be done to impact where you finish. Will you develop a work ethic that helps you to reach your goals? Or will you take your natural gifts for granted and let the competition around you – or behind you – pass you by?

The sophomore-superstar-turned-chump chose one path. What path will you choose?