

COACHES ARE ROCK STARS

Coaches are Rock Stars and they have no idea! No, I don't mean like the one that destroys the hotel suite at the fancy hotel. I mean like the one that makes a difference to someone. We all have that rock star that wrote the song that personally means something to us. We all have that song, that artist, it affects us in an emotional way, like that song was written for us. Maybe it doesn't mean anything to others...but to us, that song, at that time...well, it struck a cord. Those songs that affect us are based on what is happening in our lives at the moment, we never know when it will happen but we are so happy that someone wrote it...for us. When I grew up, John Mellencamp's - "small town", felt like it was written for me....still makes me smile to this day.

Coach's are someones brother/sister, husband/wife, friend, to their friends they are just "Joe" or "Cathy". To them they are no big deal. But to our kids, they are "COACH". That comes with responsibility, they want to look up to you, they watch you for some moment of brilliance, they almost demand it with their eyes when they look at you and listen to what you say. It seems like such a small thing, but even us parents call you Coach, heck, we may not even know your first name, you're like Cher or Madonna (ok, I am dating myself here) you just have the one name, Coach. But, that means a lot. Its a title of reverence...you earned it.

I didn't realize how much of a Rock Star you are until my child came home from Running Camp last year. Once they woke up from their 24 hour "nap" due to sheer exhaustion from running all week and buzzards bait on the last day, I finally get to hear the good, the bad and the ugly of the week. I love hearing it, but this year was different.

For some reason, one speaker, one coach, stood out to my child. Maybe you gave the same speech you always do, maybe it was different, but it made an effect, a positive impact on young person's life in some way, my child's life. That day, for whatever was going on in my child's head, when you spoke and told your story, it left a lasting impression to them. That day, you "wrote the song" that meant something and had a lasting impact. You must have had some interaction throughout the week, even if it was to say "hi", or spoke personally to their group. I remember this story like it was yesterday.

Now keep in mind, this was mid summer and for less than a week. In the fall, cross country season was underway and all of a sudden, we are at a large meet, and there you are. Walking across the field doing what coaches do..... getting ready for the race, completely focused. My child instantly sees you and says out loud "do you think he remembers me?" I am shocked. It has been a few months since running camp and yet the impact is still there. You walk by, smile and acknowledge my child, you have no idea of the story in their mind. But I assure you, you made an impact. My child's response "I think he remembers me." Now I have to say, my child is not one of the younger kids, but instead a Junior on varsity, and we all know, they don't get impressed very easily anymore. You made an impact a positive impact. I have never spoken to you, but I want to thank you for positively impacting my child's life, you are not even their coach. I want you to know that your words, your story that day, it made an impact. Thank you Coach.

Coaches, You are Rock Stars....What song will you write this season?

