

# Excellence as a Core Value — Alongside Integrity, Service, and Teamwork

Good [morning/afternoon], athletes! Today I want to talk about four values that will outlast every scoreboard, every season, and every stat: **Excellence, Integrity, Service, and Teamwork**. Your position on the team may change. Your sport might change. Even your grades may rise or fall. But these values are constant — they transcend circumstances.

Excellence means doing the best with what you have — every day, in every situation. Colossians 3:23 says, ‘Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.’ It’s not about perfection, but about commitment to growth and doing your best.

Interactive moment: Think of someone in your life who demonstrates excellence — it could be a coach, a teammate, a parent, or even a teacher. What makes them excellent? Turn to someone next to you and share your answer for 30 seconds each.

Integrity means being honest, consistent, and trustworthy — doing the right thing even when no one is watching. Proverbs 10:9 says, ‘Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.’ On and off the field, integrity builds trust — without it, no team can thrive.

Service is putting others before yourself. Jesus said in Mark 10:45, ‘For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.’ Serving your teammates means helping them improve, encouraging them when they fail, and celebrating when they succeed.

Teamwork is more than just being on the same roster — it’s working together toward a common goal. Ecclesiastes 4:9 reminds us, ‘Two are better than one, because they have a good return for their labor.’ When you combine your strengths with others, you accomplish more than you ever could alone.

Here’s another challenge: Write down which of the four values — Excellence, Integrity, Service, Teamwork — is your strongest, and which you need to grow in most. Be honest with yourself.

Your athletic journey will have highs and lows, but values like Excellence, Integrity, Service, and Teamwork will carry you through every change. Commit to these, and you’ll be the kind of player — and person — who leaves a lasting impact, long after

the final whistle blows.