

GIRL'S BASKETBALL

ST. CATHERINE OF SIENA

Catherine grew up very faithful to her Catholic beliefs. She entered the Dominicans at 18, but chose to continue to live at home, praying, fasting, and giving away many of her possessions.

She spent many years serving the poor and sick. She then became involved in politics, through writings calling for unity both of nations and the Church. She has been named a Doctor of the Church, and is the patron saint of journalists and media.

Virtues

Charity: Athletes are called to charity particularly with their teammates, sharing knowledge and wanting the best for them.

Humility: Athletes are called to humble themselves, recognizing that they have much to learn, and no matter the outcome, the glory is God's.

Courage: Athletes must have courage to face difficulties and overcome obstacles each time that they step on the court.

Application

Invoke St. Catherine at the end of your prayers at practices and games
Ex: "St. Catherine, pray for us"

Name a play after her - Ex. Name a play "Siena" involving a give-and-go because St. Catherine gave many of her things away

Challenge the players to learn fun facts about her and talk about them at practice.

