

TRACK & FIELD

ST. JOSE SANCHEZ DEL RIO

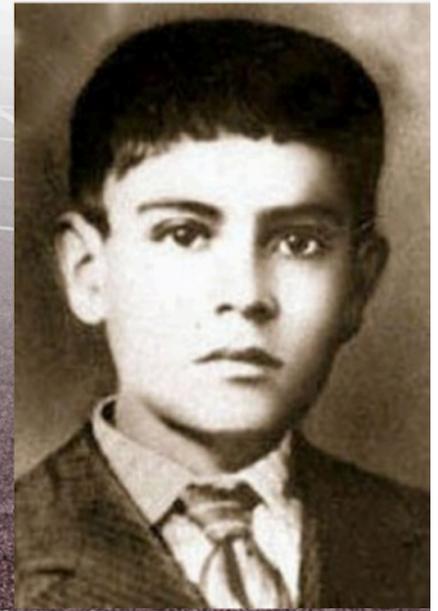
A 14 year old martyr in Mexico, Jose faced persecution during the Cristero War for refusing to renounce his Catholic beliefs. He was captured by the enemy and tortured, having the bottom of his feet skinned, yet even in the face of death, Jose remained steadfast, declaring "Viva Cristo Rey" (Long live Christ the King) as his final words.

VIRTUES

Resilience: Athletes must be willing to endure the race until the end taking on whatever challenges they may face, just as Christ calls us to in the faith.

Authenticity: Athletes must realize that each athlete has been given particular skills and abilities unique only to themselves, to be used to glorify the Lord.

Dedication: Athletes must dedicate themselves to their practices, recognizing that it is these small acts that provide a framework for everything to come.



APPLICATIONS

Invoke the intercession of St. Jose during your practices and games (ie. St. Jose, Pray for us).

Name a drill after the saint.

Encourage the players to discover ways to relate the saint's life to what you are doing during practices or games.

"I have fought the good fight, I have finished the race, I have kept the faith."

(2 Timothy 4:7)