



Fall practice season has started:
Tuesday, Thursday & Friday
5:00pm – 7:30pm

School has been in session for a few weeks. It is important to get a good night's sleep; eat plenty of fruits and vegetables, drink plenty of water, complete your homework, do your chores at home, and **RESPECT** your parents, teachers, neighbors, coaches, friends and pets.

Remember your lesson from the last newsletter: **COMPASSION**. This month we will focus on **PATIENCE**.

If you have any questions or need to talk, call Coach Nick – 443-760-1667.

LESSON FOR SEPTEMBER

Let's learn about...

PATIENCE!

What is **PATIENCE** ?

PATIENCE means "staying power."

Patience is the ability to endure waiting or delay without becoming upset or annoyed.

I show **PATIENCE** when:

- I don't get mad when I have to wait
- I remain calm when I don't get what I want right away
- I am even-tempered
- I take my time and don't rush to get things done

PATIENCE Is a Virtue!

How have I demonstrated

PATIENCE...

