

WHAT GOOD ARE SETON ATHLETICS?

Consider the impact interscholastic sports have on high school student-athletes according to many studies:

- Exhibit many physiological benefits;
- Less likely to use drugs, tobacco;
- Have a higher GPA;
- Have lower absenteeism;
- Have a higher graduation rate; and
- Have a high success rate after high school.



AT SETON

In part through Seton Athletics' efforts we have a school full of happy, healthy wholesome students who we want to stay that way by keeping them active and involved in athletics. With 75% of the student body participating in Seton sports (national average is 40%) we are quite successful.

Consider the intangible life lessons a student-athlete gains playing sports.

Legendary basketball star and three term Senator, Bill Bradley, describes in his book *Values of the Game* that so many of the qualities of a full and meaningful life are honed on a soccer field, in a gymnasium, or in the pool:

- The passion that drives you to compete and better yourself.
- The discipline that forces you to maintain a schedule and balance your life.
- The selflessness that epitomizes being a great team player.
- The respect developed for each other, teammates, opponents & games you play.
- The perspective and resilience you find by realizing life goes on, even after a big loss, and winning and losing is not only about the score in the game.
- The courage you show to triumph over adversity, and the leadership which defines special athletes whose greatest accomplishments are not only about making themselves better, but raising the level of all those around them.

AT SETON

The goal of Seton Athletics is the formation of the entire person: body, mind, heart, and soul. Student athletes are trained and encouraged to commit themselves to God, family, academics, and athletics. The character formation that occurs during this process is of primary importance to the Seton Athletic Program.

Consider that coaches do much to shape the character of their players, and spend more time with student-athletes than a Seton teacher. Positive coaching behavioral practices like hard work, compassion, cooperation, and enthusiasm can influence individual athletes toward personal growth and success.



AT SETON

Through Seton coaches, who all volunteer due to their love of guiding youths, many student-athletes develop to become outstanding, well rounded ladies and gentlemen of character. Recognizing a significant Seton coach, the Athletic Program honors Colonel Michael Pennefather (Colonel P.) by the annual Colonel P. Memorial Golf Tournament. A beloved Seton teacher and coach, Colonel P. had a profound impact on many youths - changing their lives because he cared for them.

Consider what graduating Seton athletes say about their athletic experience:

"Through my athletic experience at Seton I have grown not only physically, but also mentally and spiritually."

"Running on Seton's cross country team has helped my spiritual life in so many ways. Prayer was the focal point of every race and practice. If doubts tormented me as I raced, I immediately turned to God in prayer. This practice has stayed with me, and I find myself doing this in many situations."

"The Seton Athletic training from the past six years led me to a point where I can persevere, even if others around me feel like giving up. As a senior in high school, about to set out to college to pursue basketball and engineering at a faith-filled school, I am going to need much endurance. Had I not played sports at Seton, I truly believe I would not be on the difficult but exciting path I am today."

"While we compete it is difficult, but when we finish we are filled with joy knowing we played well and we played for God. We can apply this to everyday life by realizing that even in difficult moments, we know that God is still there if we remain faithful. My experience with Seton Athletics has helped me develop spiritually in a very special way."

PLEASE CONSIDER RECOGNIZING ALL THE GOOD WORKS OF SETON ATHLETICS IN BUILDING ACTIVE, HEALTHY, WHOLESOME LADIES & GENTLEMEN WHO ARE ENRICHED IN BODY, MIND, HEART, & SOUL. SUPPORT SETON ATHLETICS BY DONATING, SPONSORING, OR PLAYING IN OUR ANNUAL GOLF TOURNAMENT.