



COACHES ASSOCIATION Newsletter

August 2004

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YOUNG PLAYERS U-8:
PART 2 OF A
4 PART SERIES**

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The Coaches Association of Saskatchewan is "an association which strives to improve and recognize committed coaches and to promote coaching development through education and communication."

Normally in the summer issue of the Coaches Newsletter, I am reminiscing on how great the weather was for the spring sporting events and that we could use some reprieve from the heat. Unfortunately, the weather didn't cooperate for all the important spring events. Hopefully, the young athletes had enough opportunities to have worthwhile experiences!!

The CAS AGM was held in May with **Garry Armstrong** and **Eric Honetschlager** being re-elected in their previous positions on the board as Vice-President and Member-at-Large respectively.

This is going to be an extremely busy summer for many coaches as the Saskatchewan Summer Games are being held in Weyburn in August. Many sports are using this year's results as an opportunity to assess strengths and weaknesses for next year's Canada Summer Games. The weather's got to be better by August!!!!

Mark your calendars for this year's Aboriginal Sport Conference. The dates are: September 28-30 in Saskatoon at the Saskatoon Inn. More information is available at the **NEW** Coaches Association of Saskatchewan website at: <http://www.saskcoach.ca/>

Congratulations to two of Saskatchewan's coaches as they head to the 2004 Summer Olympic Games. Wrestling coach **Todd Hinds** has been named as an assistant coach. As well, Softball coach **Noreen Murphy** has been named as an assistant coach.

Enjoy the Sask Games, Olympic Games or whatever sporting arena you may be in this summer

Yours in coaching,
John Neufeld

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-- COACHING TIP --

**How fast are 8 oz of fluid from
sports drinks absorbed into
the blood?**

The absorption of a sports drink into the blood is determined by the rates of stomach emptying and intestinal absorption. Some ingested fluid can appear in the blood after only 5 min. Overall, the maximal rates of fluid absorption are approximately 1,300 - 1,500 ml/hr, while carbohydrate can be delivered at 60-80 g/hr. These rates are sufficient to help compensate for the fluid and energy losses experienced during exercise and thereby enhance exercise performance.

-- Mark Hargreaves, PhD, FACSM, School of Health Sciences, Deakin University, Australia

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The Coaches Association of Saskatchewan does not necessarily endorse or recommend the articles that are contained within this newsletter.



"Perseverance is not a long race; it is many short races one after another."

Walter Elliot

----- ENERGY BARS -----

Energy bars have become a common sight in our grocery stores, food marts, health food stores and in our fitness facilities. So do they really give us energy? Are they a healthy meal replacement? What IS the scoop on energy bars?

First evaluate "Why" you are eating energy bars...

- If you are eating energy bars because you think they contain specific ingredients that will give you more "energy" — think again. "Energy" simply means "calories." And these calories will, in turn, give you energy. But this energy is not anything special – it can easily be derived from regular food. If you are chomping down an energy bar during your workout to provide you with more "energy", you are actually just consuming more calories – calories you may be trying to burn off, if weight loss is your goal! However, if you are an endurance athlete that exercises for more than one hour, a bite or two of an energy bar every 15 minutes can help provide you with quick, portable energy as your glycogen stores become depleted.
- If you are eating energy bars because they are an easy meal replacement – think about the nutrients you are missing by not bothering with real food. Energy bars contain carbohydrates, protein, fat and some vitamins and minerals, however, they don't contain phytochemicals and other important compounds that you will only find in whole foods. They also tend to be low in fiber and contain hydrogenated fats, not what you are looking for in your everyday meal or snack.
- If you are eating energy bars because they are a quick, portable snack – you are partially on the right track. They are certainly a better choice than reaching for a candy bar or bag of chips! Energy bars can be used as a healthy snack if your meals are more than 4 hours apart. However, there are many other healthy snacks available that contain more nutrients, fiber and good types of fat. Think about choosing energy bars for snacks only sometimes, instead of making it a daily habit.

Next, if you choose to eat energy bars for snacks, keep these nutrients in mind:

- Type of fat – you want to limit saturated fats, hydrogenated fats and vegetable oil shortening
- Fiber – you want to choose a bar that has at least 2g of fiber
- Protein content – you want a bar that contains approximately 10-15g of protein

Calories – around 200 kcal or less for a snack, or else, eat ½.

NOTE: The nutritional information may or may not be present on your energy bar (this is now mandatory but will take some time to come into effect). However, you can take a look at the ingredient list. You want ingredients like partially hydrogenated oils, cocoa butter and palm kernel oils to be closer to the end of the list, rather than the second or third ingredient. Try to choose one that does contain the nutritional information so you can be an informed consumer.

High protein bars tend to be higher in saturated fat, higher in calories and lower in fiber. If you are an athlete whose protein needs are increased, you can easily obtain this extra protein from whole foods, assuming total calorie intake is increased as well.

The Bottom Line

Don't use energy bars as meal replacement – try to bring lunch with you or buy a balanced, low fat, high fiber lunch from a restaurant.

If you use energy bars as snacks, choose one that is low in saturated fat, moderate in protein and higher in fiber. Eat a piece of fruit, some carrot sticks, or some yogurt with your energy bar to make your snack more balanced.

Don't use energy bars as your everyday snacks – try bringing more fruits and vegetables, a handful of nuts, a half a peanut butter/jam sandwich, or some left over dinner with you for a snack instead. However, energy bars are a better choice than a chocolate bar.

Remember, energy bars are a source of calories – calories that would be better off coming from whole foods, if possible!

NCCP COURSES 2004

ZONE 1 Angela Lees SOUTH EAST SASK ASSOCIATION for Culture, Recreation & Sport
Phone: 429-2205 / Fax: 429-2260
Email: zone1@sasktel.net Website: www.sesacrs.com

- INTRODUCTION TO COMPETITION - Part A
Call for dates
 - INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 2 Darlene MacQuarrie REGINA SPORT COUNCIL
Phone: 780-9274 / Fax: 781-6021
Email: reginasportscouncil@sasktel.net
Website: www.reginasportscouncil.com

- INTRODUCTION TO COMPETITION - Part A
Regina September 14, 15, 21, 22 (evenings)
Regina October 23-24
Regina November 16, 17, 23, 24 (evenings)
 - INTRODUCTION TO COMPETITION - Part B
Regina October 2-3
Regina November 30, December 1, 7, 8 (evenings)
-

ZONE 3 Dwinell Stevenson Phone: 297-3217 / Fax: 297-3218
Email: zone3@sasktel.net Website: sasksport.sk.ca/zone3.html

- INTRODUCTION TO COMPETITION - Part A
Call for dates
 - INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 4 Crystal Gellner Phone: 786-6585 / Fax: 782-0474
Email: zone4@sasktel.net Website: www.zone4sports.com

- INTRODUCTION TO COMPETITION - Part A
Call for dates
 - INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 5 Paul Litzenberger Phone: 554-2414 / Fax: 554-2412
Email: zone5@sasktel.net

- INTRODUCTION TO COMPETITION - Part A
Call for dates
- INTRODUCTION TO COMPETITION - Part B
Call for dates



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ZONE 6 Shelley MacNeill SASKATOON SPORTS COUNCIL
Phone: 975-0830 / Fax: 242-8007
Email: saskatoonsportscouncil@shaw.ca
Website: www.saskatoonsportscouncil.ca

- INTRODUCTION TO COMPETITION - Part A
Saskatoon September 17-18
Saskatoon October 15-16
Saskatoon November 26-27
 - INTRODUCTION TO COMPETITION - Part B
Saskatoon October 23-24
Saskatoon January 29-30, 2005
-

ZONE 7 Tonia Logan Phone: 446-6770 / Fax: 446-7172
Email: zone7@sasktel.net Website: www.zone7sportcouncil.com

- INTRODUCTION TO COMPETITION - Part A
Call for dates
 - INTRODUCTION TO COMPETITION - Part B
Call for dates
-

ZONE 8 Lyle Campbell Phone: 953-1623 / Fax: 953-1624
Email: zone.8@sasktel.net Website: www.sasksport.sk.ca/zone8.html

- INTRODUCTION TO COMPETITION - Part A
Prince Albert October 1-2
 - INTRODUCTION TO COMPETITION - Part B
Prince Albert October 22-23
-

ZONE 9 Kerry Bailey Northern Recreation Coordinating Committee
Phone: 425-3127 / Fax: 425-4036
Email: kbailey@nrcc.sk.ca Website: www.nrcc.sk.ca

- INTRODUCTION TO COMPETITION - Part A
Call for dates
 - INTRODUCTION TO COMPETITION - Part B
Call for dates
-

LEVEL 3 – REGINA

October 22-23-24 & November 6-7 (U. of Regina)
Course is held over two weekends
For information, contact Don Clark @ 586-8227
or email don.clark@sasktel.net

LEVEL 3 – SASKATOON

November 5-6-7 & November 19-20-21
Course is held over two weekends
For information, contact Michelle Androsoff @
665-1869 or email androsoff@sasktel.net

The Development of Young Players

The developmental characteristics of children in every age group are unique, so coaches must be aware of the level at which individuals are able to learn and perform. Coaches can plan better practices, by understanding the physical, mental and social needs and abilities of their young players.

There are four main age groups: Under-6, Under-8, Under-10, and Under-12. In this issue, **the SECOND of a four-part series**, the focus is on **developmental characteristics of the Under-8 Players**.

→ *Developmental Characteristics of Under-8 Players* ←

Children in the Under-8 group develop very quickly. The primary growth in their skeletal system occurs at the growth ends of the long bones, near the joints; consequently, injuries to these areas should receive special attention.

Although the various systems of children's bodies become more efficient as they grow, their cardiovascular and temperature regulation are not as effective as those of adults. A child's heart rate peaks sooner, and it takes longer to recover from strenuous activity. In addition, a child's core temperature rises at a faster rate and takes a longer time to cool down.

① *Physical Characteristics*

General – Children in the Under-8 group develop very quickly. The primary growth in their skeletal system occurs at the growth ends of the long bones, near the joints; consequently, injuries to these areas should receive special attention.

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Be sure that young children have time to rest in a cool, shaded area, and that they have lots of fluids to drink.

Balance – Children will demonstrate a general improvement on balance skills as they grow older. To promote this positive development, teach more complex balance skills using both small and large apparatus and in various situations.

Coordination – Begin to introduce basic sports skills and lead-up games that follow observable improvements in the player's hand-eye coordination and major improvements in manipulative skills. Stress form over speed, distance, and accuracy.

Agility – Agility skills improve rapidly in children in the Under-8 group. Use activities that focus on developing the child's ability to stop, start, and change direction in an open environment.



② Mental Development

Information Processing – In the Under-8 group, children pass through Piaget’s ‘concrete operational stage’ of their development. Children begin to think in a logical manner, and, though they are not yet capable of abstract thought, they are capable of thinking in terms of the concrete or actual experiences. Their concepts of time and space are likewise just beginning to develop, but they only have a limited capacity for paying attention to multiple tasks.

Because of their limited experience with personal evaluation, success and failure are directly related to the amount of effort that they put into a given activity. In other words, effort should equal performance; if they tried hard, they performed well. Also, though their attention span is increasing, instructions and rules still need to be simple, clear, and appropriate for their developmental stage.

Decision Making – Seven and eight-year-old children have a limited ability to attend to more than one task at a time. The simple task of controlling a ball, for example, demands most of their attention, leaving little or no room for “tactical” decision making. While children at this age learn at an amazing rate, their knowledge is compartmentalized. For instance, the child may not recognize certain relationships within a given situation, and the child may imagine other relationships that are not actually present.

Children in this age group may also begin to show interest in improving their personal fitness. If this is the case, their coach must be prepared to provide the information and instruction that they require.

Creativity – Although children in this age group are quite able to explore and discover on their own, they are also likely to be interested in imitating the “big guys”. Sport heroes are important to children and they will experiment with their “moves” in play situations.

③ Social Development

Individual – Children in this age group develop their own concept of self and body image, but these are still very unstable. Negative comments carry great weight, and they can be very damaging.

Children have a great need for approval from parents, teachers, and coaches. When playing or performing, they are very eager to show their individual skills as a way of gaining approval. However, their motivation to play in general, and to take part in sports activities, is strictly intrinsic. They like to play because it is fun.

Group – Seven and eight-year-old children usually begin to expand their awareness to their neighborhood. Their expanded “world” often comes as a result of a desire to find playmates. As new friendships are formed, children begin to form small groups, which helps to give rise to their first ideas of playing as a team. They can identify with the team with which they play, but club and league concepts do not exist in their awareness.

With increasing peer interaction, children in this age group have a strong desire for social acceptance. Their need for praise extends beyond familiar adults and their peer group— they want to be liked by everyone. Because they are afraid of showing signs of failure in front of their peers, singling them out in front of a group is very destructive to their self-esteem.



Tobacco Free Sports



The Heart and Stroke Foundation and the Canadian Cancer Society have developed the Tobacco Free Sports Website at <http://www.tobaccotoolkit.ca/index2.htm>. This website is part of an overall youth smoking strategy that the organizations have undertaken in recent years. This strategy includes classroom education, mass media campaigns, smoke free policies and limiting youth access to tobacco products.

Tobacco Free Sports is intended as a resource to assist sporting organizations and venues wishing to develop and implement policies regarding tobacco use. It contains the rationale for such policies, as well as, templates and discussion points so that each organization can develop a policy best suited for its membership.

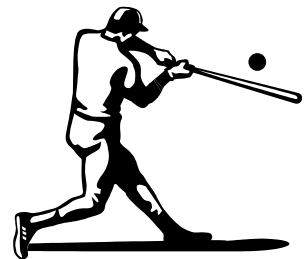
Saskatchewan Coach - and Ambassador - Working for Major League Baseball in Africa

Brent Loehr of Muenster is traveling to Africa to work for Major League Baseball this summer.

Loehr was selected for the MLB Envoy Program and will be traveling to the African countries of Nigeria, Zimbabwe and Uganda for six weeks this July and August. The program is designed to support developing baseball programs by providing detailed instruction to existing coaches and players, as well as, introducing the game to new fans.

"Being selected to work for Major League Baseball is such an honour," says Loehr. "It is even more rare than being selected as a player."

To read more about Brent's experience, log onto
<http://www.saskambassadors.com/ezine2004-04/index.html>



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		Sport is setting and achieving them.
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a closer look

A Study of Shrek

Lessons in Modern Leadership Management

By Peter Urs Bender

As adults, there are certain things we don't voluntarily talk about to others. One of them, I have discovered, is watching children's movies. Another is admitting what an outstanding management tool today's children's movies can be.

Take Shrek, for example. When I ask managers in my seminars if they have seen the 2001 movie, eight out of 10 say yes. And they all love it. But none connect the big green ogre to leadership until we start to talk about it.

The main difference between a manager and a leader is that a manager follows the rulebook. The leader knows the rules, but has the ability to move around them when needed. I believe that leadership is based on five elements and, directly or indirectly, Shrek demonstrates every one of them in a way that leaves you laughing and nodding agreement.

Know Yourself

It's the first and most important element of leadership. We all grow up being led or falling into occupations through the guidance of parents, teachers, ministers, priests, rabbis and mullahs. What you end up in might be the right occupation for you – or not. But I guarantee that if you want to be successful and happy you must be in an occupation to which you were born, or which has chosen you.

Shrek completely accepted himself as an ogre but didn't define himself by what others saw. As he said: Ogres are like onions, they have many layers. He proved ogres could be heroes and kings as well.

Integrity and Honesty

These qualities have become buzzwords in today's business even though, if recent events say anything, they have been more honored in the breach than in the observance. Yet personal integrity is a critical component

of modern leadership. You can mislead yourself, your employees and your bosses and get away with it for a while. But sooner or later you will pay the penalty.

Shrek never had a problem about being true to himself, his king or his friends. He was clearly focused on the task ahead, and was honest with everyone around him.

Protect Others

Concern for others is a hallmark of a modern leader. In the past, some – perhaps even most – managers were first-class blamers, grabbers, and egotists. They were quick to pass off their failings on others and more than willing to throw others off a cliff to save themselves. The modern leader should have a more sharing, caring, approach – the first to take the blame when things go wrong and give credit to others when things go right.

Shrek is a perfect example. When he was in the castle being chased by a fire-breathing dragon, he could have escaped alone and then explained to the King why it wasn't his fault. But his concern was for the donkey and the princess. He made sure to take them with him.

Communicate

One of the things modern elders of outstanding companies have rejected is the old-fashioned top-down management, where orders come down through the ranks, and workers are expected to obey without questions. Instead, they are embracing an open approach, where employees at all levels are considered part of the team and communications lines are open from bottom to top as well as top to bottom. There is a movement to communicate honestly and effectively, and to short-circuit the grapevine.

Shrek learned the lesson the hard way – by jumping to conclusions after hearing



part of a conversation that was not meant for him. He made decisions based on his misunderstanding; instead of clarifying what was said. But in the end, he listened, learned, and was able to undo his mistake and put things right.

Take Risks

When were you last really scared? If you can't remember, think about doing it soon. To make changes in your life, department, company, you have to take risks – and that is frightening. Risks don't guarantee success, but if we do what we've always done, we'll get what we've always gotten. The ability to take risks comes from within. It's easy to tell others to take risks while sitting in a comfortable corner office overlooking the battlefield. But the only truly effective modern leader takes the risk of stepping into his workers' shoes at least once a year.

Shrek is a risk-taker. He has the mentality of a daredevil. He scares himself regularly, and doesn't mind admitting it. But he plows ahead regardless. He took the risk of going on an impossible journey to find and rescue a princess he didn't even know. He encountered dozens of obstacles, but he persevered and won more than he imagined.

So rent a kid, watch the video and learn a few lessons in modern leadership from a big green ogre. 🐼

Biography

Peter Urs Bender is one of Canada's most dynamic and entertaining business speakers. He lives and works out of Toronto. He is the author of five best-selling business books: Leadership from Within, Secrets of Power Presentations, Secrets of Power Marketing, Secrets of Face-to-Face Communication, and Gutfeeling. Peter has generously donated a copy of each of his books to the CABC library, or to read excerpts from his books visit www.PeterUrsBender.com.

SPORTSMANSHIP

Regardless of the age, background, competition level or experience of your athletes, sportsmanship is a quality that should be encouraged at all times. I would even go as far as to say that if someone is unwilling to display the characteristics associated with good sportsmanship, it is best that they do not participate at all. As a coach, one of your primary concerns should be the development of good sportsmanship in your athletes, because the positive qualities that are associated with sportsmanship are remembered long after competition has ended. It is hoped that athletes can bring these qualities into other aspects of their lives.

Unfortunately, many people view sportsmanship as contradictory to competition. This is not true. Sportsmanship encourages highly competitive play, but never at the expense of the bond of mutual respect between the players, the commitment to play within the rules of the game, or the basic pleasure of participation. Highly competitive play implies that all athletes are striving to perform at their highest possible level:

The Elements Of Sportsmanship



★**Respect for all involved** - Players must maintain a level of respect for all individuals involved in a sporting event. This includes teammates, coaches, the opposing team, game officials, and spectators. At times, this is very difficult. Increasingly, players, coaches, and fans are coming to games with a win-at-all-costs attitude. They rarely display the characteristics of good sportsmanship, and in the extreme case, these people feel it is their job to take you 'out of your game'. This may be displayed in acts of physical and verbal intimidation. Coaches must encourage athletes to maintain their composure and focus on the task at hand. If a player feels that their safety is at risk, they should have the option to express their concerns to their coach and/or game officials, expecting these people, in positions of authority, to do something to alleviate their fears.

★**Playing within the rules** - Rules have been established for several reasons: to maintain a level playing field, to ensure a safe environment for play, and to add structure to what could become a chaotic event. It is up to the players to know the rules and then participate within the boundaries that they have created. Part of sportsmanship includes athletes encouraging fair play from their teammates. If a teammate is breaking the rules of the sport, athletes should be given the ability (by the coach) to discuss their concerns with their teammates.

★**Best effort** - As stated earlier, sportsmanship and highly competitive play are not mutually exclusive. Because highly competitive play implies that all athletes are striving to perform at their highest possible level, it would be dishonest to give anything less than 100% effort.

★**Encourage teammates** - All athletes should want to help improve the performance of their teammates. These means that as a 'good sport', you are there to encourage and support your teammates during trying times, as well congratulate them in times of success. All athletes should feel as equally valuable to the team - they should feel that they are contributing to the overall success of the team, as well as being involved with the team's decision-making process.

SPORTSMANSHIP

★**Gracious in victory and defeat** - Many people assume that by being a good sport you have neutral reactions to success and failure. However, this is not the case. It would be very unnatural not to have quite different reactions after winning and after losing. Athletes who have been defeated will naturally be upset, however they should not focus their energy on displaying any sort of displeasure with their opponent's victory. One must learn to accept the fact that only one team will win, and that half of the time, it will be the other team. Hopefully, during these times, athletes will learn to commend their opposition for providing challenging opposition, and also take the time to graciously celebrate their achievement. In many cases, athletes have made a number of personal sacrifices to reach the goals they have established in their sport. Once they achieve this success, they will likely be overcome with a number of emotions and should be free to express them.

If an athlete adopts these basic elements of sportsmanship, they will maximize the enjoyment they receive through participation. Yet this pleasure may be diminished if all individuals involved do not adopt similar characteristics. Therefore, as a coach, it is your job to emulate the positive attributes of sportsmanship and demand them from your athletes, their parents, your coaching staff, your game officials and your fans.



CANCoach, a Division of Nortia Technologies Inc.

2004 Aboriginal Sport Development Conference

Building Bridges Through Sport

September 28-30, 2004

Saskatoon Inn

The Aboriginal Sport Development Conference is an opportunity for representatives from mainstream and Aboriginal sport organizations and community developers to share information and discuss key areas of sport leadership development.

The conference streams are once again designed along the themes within the Canadian Sport Policy: enhancing participation, promoting excellence, and building capacity, with a special focus this year on strengthening interaction. The focus on interaction is about having fun while learning, connecting with others who can help to build bridges, sharing and discussing, giving input and receiving feedback, listening and being heard, and strengthening relationships.

Coaches, officials, administrators, community leaders, volunteers and other stakeholders who are passionate about sport shouldn't miss this opportunity to work together. By joining together through sport, we can build a better future for our youth and our communities.

FOR MORE INFORMATION& REGISTRATION:

Visit www.sasksport.sk.ca

Or contact Cheryl McCallum Phone – 975-0807 or cmccallum@sasksport.sk.ca

A FROGGIE FABLE

There once was a bunch of tiny frogs who arranged a competition.

The goal was to reach the top of a very high tower.

*A big crowd gathered around the tower to see the race and cheer on the contestants...
the race began.*

No one in the crowd really believed that the tiny frogs would reach the top of the tower.

*You heard comments such as, "Oh, WAY too difficult!" "They will NEVER make it to the top!" and
"Not a chance that they will succeed. The tower is too high!"*

*The tiny frogs began collapsing. One by one... Except for some who with a fresh attempt,
were climbing higher and higher.*

The crowd continued to yell, "It's too difficult. No one will make it!"

More tiny frogs got tired and gave up.

But one continued higher and higher and higher..... This one wouldn't give up!

At the end, all the frogs had given up climbing the tower.

Except for the one tiny frog who, after a big effort, was the only one to reach the top.

All of the other tiny frogs naturally wanted to know how this one frog managed to do it.

A contestant asked him how he had found the strength to succeed and reach his goal.

It turned out.... That the winner was DEAF!

The wisdom of this story is: Never listen to other people's tendencies to be negative or pessimistic, because they can take your most wonderful dreams and wishes away from you - the ones you have in your heart! Always think of the power that your words have. Everything you hear and read will affect your actions.

So.....always be positive (and maybe a little bit deaf!)