



CYO Athletics “Teachable Moments”



A man found a cocoon of a butterfly that he brought home.

One day a small opening appeared in the cocoon. He sat and watched the cocoon for several hours as the butterfly struggled to force its body through that little hole. Then it seemed to stop making progress. It appeared as if the butterfly had gotten as far as it could, and it could go no further. The man decided to help the butterfly in its struggle. He took a pair of scissors and snipped off the remaining bit of the cocoon... and the butterfly emerged easily.

As the butterfly emerged, the man was surprised. It had a swollen body and small, shriveled wings. He continued to watch the butterfly expecting that, at any moment, the wings would dry out, enlarge and expand to support the swollen body. He knew that in time the body which would contract and the butterfly would be able to fly. But neither happened!

In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings.

It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle were required for the butterfly to be able to fly. The butterfly must push its way through the tiny opening to force the fluid from its body and wings. Only by struggling through the opening, can the butterfly's wings be ready for flight once it emerges from the cocoon.

Sometimes struggles are exactly what we need in our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been.

And we could never fly.

Original Author Unknown

Dr. Chris Stankovich – “the Sports Doc Minute” – <http://www.youtube.com/watch?v=IZn0EOVJbqk>

A good tip to assist our children’s growth through the teachable moments is to discuss:

1. How to reorient frustration, anger or disappointment over things we cannot control toward actions that we can, turning “negative energy” toward “positive energy”;
2. This would include setting goals to:
 - a. Respond differently in a similar circumstance in the future;
 - b. Be in position so that the action out of our control becomes immaterial or not as relevant to the event outcome;
 - c. Focus on process oriented goals instead of outcome related goals;

For more information, please visit our website at <http://seattlearchdiocese.org/athletics>, email us at athletics@seattlearch.org or call our office at 206.654.4643.