



McCarty Motivations

“That which isn’t good for the hive, isn’t good for the bee.” Marcus Aurelius

What does this mean to a high school athlete? What does this mean? It means that when we act for the positive of the group it doesn’t matter who gets credit. If we are selfish with our own wants, and not the wants of the team, we will struggle.

Examples of selflessness: A player grows up being a running back and linebacker. For a season, he is not the best running back or linebacker on the team. The coaches decide to move him to defensive line and he gets special package on offense. This player could see that this is what will help the team succeed and embrace the change, or the player could be selfish, not practice hard and give good effort, sulk and be a problem on the team. According to Marcus Aurelius, we do what is better for the greater good. This is a difficult idea for many people. Humans are selfish with their time and want to be loved by everyone. The role of team player is a tough one to embrace, especially for young people. Many times we have blinders on to the whole situation and only see what is our problem or our success.

In order for teams to be successful and become elite the mindshift for the athletes is that they start putting the team first. Decisions in and out of season are made for the good of the team. How they train, prepare, sleep, behave in class, etc all have meaning for the team. When an athlete starts asking themselves, how does this benefit the team? Or will this hurt the team? Then we will make steps towards becoming a real team with one goal. This is hard also for athletes because of outside pressures, friends, family, parents, etc.

“Selfless isn’t thinking less of yourself, it is thinking of yourself less.” C.S. Lewis

