

8-6-2012 Jon Sapper

This is Jon Sapper for Community Comment.

The 2012 London Olympics are over. Michael Phelps, the U.S. swimming legend became the most decorated Olympian in history. The U.S. Women's Gymnastics Team took the gold. And Gabby Douglas, at 16 years of age, showed us what focus, determination, poise and grace is all about by taking the all-around individual gold medal for women's gymnastics. A real wow moment! Truly inspirational.

Most of us at one point in our lives dreamed of standing on the podium, receiving the gold medal and emotionally embracing the playing of our national anthem. Those who have been in pressure fueled competition know the elation in victory and gut wrenching emotions in defeat. As observers, we ooh'd and ahh'd over their accomplishments. Yet, we saw but a few moments of the years and years of hard work and commitment it took to get to the Olympic stage. It was exciting to watch the athletes excel at the highest level of competition... with strength, speed, endurance, precision and agility.

The traits of becoming an Olympian are well defined:

- Have a passion for your sport,
- Have a clear vision of what you want to accomplish and a step by step plan to get there,
- Have the discipline and determination to persevere,

- Surround yourself with coaches and mentors,
- Block out negativity, and
- Although every Olympian has experienced frustration, stress, anxiety, failure and wanting to quit.....Never, ever, ever quit.

It is fun to live vicariously through the accomplishments of superb Olympian athletes. But instead of doing that, I challenge you to roll up your sleeves and dedicate your self to your passion with the same level of commitment as a decorated Olympian.

Have a clear vision of what you want to do. Be disciplined. Be determined. Persevere. Surround yourself with mentors andnever, ever quit.

You can stand on the sidelines or sit on the couch in front of the TV and watch.....or.... you can jump in and participate. Jump in and participate. Be an Olympian in your community for what you are passionate about. You and your community will be better off for it.

This has been Jon Sapper for Community Comment.

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