

Connecting Effort with Success



Ben Sudlow (top) and Henri Osborne (above) guard the goals



If coaching has taught me one thing, it is that team success cannot be enjoyed without the requisite individual effort. Often, we use the cliché you get out what you put in. For athletes who aspire to achieve at the highest level, it goes beyond simple debits and credits. I believe it takes individual effort combined with the collective belief their energies are being directed to lead them to summit the proverbial mountain top. In other words, connecting effort with purpose will ultimately get you the most return on investment.

This is demonstrated so beautifully with the two fall athletes who made the commitment to spend their energies and efforts between the posts for our soccer teams. Ben Sudlow and Henri Osborne, the starting goal keepers for the SGS boys' and girls' soccer teams, fully understand that being the last line of defense requires effort, toughness, courage, and a selfless attitude. Often, this responsibility comes with little glory and the potential to suffer the agony of being the lone athlete on stage when you give up a goal.

The type of deliberate practice required to achieve success as a keeper is physically demanding and exhausting. A keeper spends as much time on the frozen ground as they do upright. Day after day, they have shots taken at them off the feet of some of the best players in the state. It requires a different mindset to be able to take on this role and continue to give the effort needed to be the anchor of a championship-level defensive unit.

Ben and Henri know they are a piece of a puzzle, a crucial and necessary ingredient in a recipe for success. They also know that purposeful and focused effort, day in and day out, is the only way to ensure the type of success our teams have enjoyed this year and for years to come.

— Mark Rickard,
SGS Boys Soccer Coach



Ben Morales strides to a 3rd place finish at State Cross Country Championships

Saint Georges School has had a tradition of achievement in athletics. Sustained success in athletics takes supportive families, committed coaches, and a school culture that values best efforts. It also requires student athletes who have bought into pursuing both individual and team goals.

For the last two years, a group of 5 to 15 students have been using the weight room before school. I can attest that nobody likes waking up this early, but this is a group with a mindset that a) the weight room is necessary to meet their goals, and b) small improvements every day add up to big improvements over a long period of time. Several students have taken great strides in the weight room, and it is translating into success in their sport!

While working out and training with your peers is often more fun, sometimes you don't have that option. Sometimes big goals can be a little bit lonely. Ben Morales finished 38th at State Cross Country as a sophomore. Ben, being who he is, wasn't satisfied with that result. So he put in a 500-mile summer and finished 3rd at the State meet as a junior this year.

Athletes will have different goals, but the overlying theme is that consistent, best efforts will always bring you closer to your goals!

— TJ Moulton, SGS Cross Country & Track Coach