



Gratitude

Hokra'at Todah - הוקרת תודה

Core Principle: Intention

Overview: Our athletes will learn Gratitude through an understanding of what a gift it is to play sports and to get to go to camp

Sample Texts:

Sports "Texts":

- [On his way to retirement, Derek Jeter was given gifts by every MLB team, each thanking him for over 20 years of competition and dedication](#)
- [After breaking the record for most regular-season victories in a season, Draymond Green of the Warriors thanks the fans for their support](#)
- [After squaring off in the Super Bowl the year before, Russell Wilson writes an article, thanking Peyton Manning for inspiring him to play the game they both love](#)

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Jewish "Texts":

- "Who is rich? Those who rejoice in their own portion" (Pirkei Avot 4:1)
- [On holidays, Jews were expected, during the time of the Second Temple, to bring an offering of gratitude to commemorate God's greatness](#)
- After seeing angels ascending and descending a ladder, Jacob says "God was in this place and I didn't know it!" and dedicates the place as a monument of thanksgiving to God for having had such a profound experience (Genesis 28)

Daily Application:

On-field:

- Athletes will express their passion for the game and their appreciation for getting the chance to play it
- Athletes will develop an understanding of the role sports plays in their lives, and how it positively impacts them as people

Off-field:

- Athletes will understand the people that have helped them get to camp and succeed in their sport
- Athletes will remind those around them how thankful they are for the kindnesses they receive, and, in turn, pass the kindnesses back around

My Notes:

A URJ SUMMER CAMP

6 POINTS

SPORTS ACADEMY

NORTH CAROLINA ★ CALIFORNIA
