

DO HARD THINGS



2019's Theme - Do Hard Things

Each year we're very selective about the ELITEAM theme for our summer camps. We always strive to choose something that embodies the culture of ELITEAM. A phrase that releases some adrenaline into your system. A phrase that gives you confidence. A phrase that inspires and challenges. Then we make it our Mantra. This year's theme is ***Do Hard Things!***

For Champions, inspiration often comes from within. They rise up to the challenge and are able to find that energy and inspiration from deep in their bellies. They are willing to do the work necessary to pursue their goals, even when it would be easier to skip it. This skill is something that needs to be practiced and learned from an early age.

Over the past two weeks, we have found that ***Do Hard Things*** is inspiring to ELITEAMers, not scary. Hearing it brings out the urge to do something special, to rise to the occasion, to get up and prepare to push your limits! Every time you do that as an athlete, and as a person, you will gain the confidence to answer the call again and again.

ELITEAMers have proven year after year that they love challenges. They know that although it usually means lots of sweat, muscle pain and some grunting, that awesome feeling they get after completing something extraordinary is truly a special feeling. Hearing ***Do Hard Things*** triggers a response of positive vibes in ELITEAMers and it is something they will take with them long after camp ends.