

## Stupid Things I Say: But they have a Purpose

Good morning,

I am honored to have been asked to deliver the Farewell from the faculty to the Delbarton Class of 2023.

Truth be told I was not the first choice to give the farewell, or the second, I was the third choice. For years I have been telling players that I have coached that even though they aren't starters, "be ready when your opportunity comes and make the most of it". Well...This is my time to put up or shut up. Time to walk the walk. Which got me thinking of all the things I have been saying for years to students and players. Some of you have heard them. The basketball team has heard some of them. My colleagues who have known me for a while, have probably heard most of them. Some are funny, some are stupid, some are corny, and some are inspirational. But they all have a purpose.

Things like:

Sometimes you're the bug, sometimes you're the windshield.

Let it roll off you like water off a duck's back.

Life is hard, it's even harder when you do stupid stuff

Cheese and crackers. That's used in situations when cussing is frowned upon.

I got a million of 'em.

So here are some of my most used, the translation, and purpose.

1. When anyone asks me "How are you doing", I have 3 responses. "Great, Never Better, and If I was any better I'd have to be two people". Now is that always true? Of course not. It's my way of constantly reminding myself to be positive. Even when I'm having a lousy day. And it often makes people smile or laugh. When people ask you how you're doing they don't really want to know. They're just being nice. That's my way of being nice back. If you don't believe me, next time someone asks how you're doing reply "reasonable".
2. When we have a bad shooting night on the basketball court I might say 'we couldn't hit water if we fell off a boat' or 'We couldn't hit sand if we fell off a camel'. That's using humor to lighten the mood. We let them know we know it, we need to fix it, but it's not the end of the world. You can get your point across with a lot of different methods. Sometimes the lighter touch works better.
3. "If is only 2 letters but it's a big word, like IF frogs had wings they wouldn't bump their butts on the ground every time they jump". Translation: The "What if" game wears you out. What if I had done this, what if I had done that, if only I had... it never ends unless you end it. We all have times in our lives when things don't go our way and it's human nature to try to think how we could have changed the outcome. And you can beat yourself up forever if you keep dwelling on it. Learn from your mistakes, fix what you can, and then move on. I know that's easier said than done it's a goal.
4. "Pressure is what creates diamonds". Translation: If you want to accomplish great things, it doesn't come without stress. Big tests, big games, big performances, big moments in life all involve putting pressure on yourself to be and do the best you possibly can. That's just the

reality, don't be afraid of it and don't run from it. Sometimes it's no fun. Embrace the suck. It will pay off in the long run.

5. "When the road is blocked you can go around it, through it, or over it." Translation: We all face adversity. Adversity doesn't care who you are. It will find you at some point and more than once or twice. Even when things are bleak, believe in yourself, find a way to get past it. Use your support groups, family, friends. You will get past it. Find a way and figure it out.
6. "Today is going to be a great day"! Twelve years ago a few friends and I climbed Mt. Kilimanjaro. It was awesome. When we got back I was at my friend's house and we were physically and mentally exhausted. At five in the morning I heard thump, thump, thump coming down the stairs. It was my friend's nephew, Shane Williams, who was about 7, I think, and he had a broke his femur and was in a cast from his toes to his hip. I asked him why he was up so early and he said, TODAY IS GOING TO BE A GREAT DAY! You control your attitude and enthusiasm. Whenever I feel sore, or tired, or just a little down I remind myself of that moment and say that to myself.
7. "It's nice to be important, but it's important to be nice". Translation: You are all important. Some of you will go on to be very important. Anyone who does a service for others is important and deserves to be treated with respect and dignity. There is NO job beneath me. You're looking at the guy who has been ordering porta johns for the past 16 years. The guy who delivers and cleans those porta johns is important. If you have ever been in one that hasn't been cleaned in a while you know how important he is. Appreciate all who provide services for you no matter how big or small.

I'll leave you with some song lyrics from Tim McGraw:

*Hold the door, say please, say thank you,  
Don't steal, don't cheat and don't lie  
I know you've got mountains to climb  
But always stay humble and kind.  
When the dreams you're dreaming come to you  
When the work you put in is realized  
Let yourself feel the pride  
But always stay humble and kind.  
Don't take for granted the love this life gives you  
When you get where you're going don't forget to turn back around  
And help the next one in line  
Always stay humble and kind.*

Congratulations to all of you, and may God continue to bless you and your families.

Thanks for giving me a listen.