

THE STAR WAY

November Focus: **Industriousness**

What is it?

Industriousness: the act of working energetically and devotedly

Wooden Says...

"You can work without being industrious, but you can not be industrious without work."

At Star Athletics...

... we use this word more than the average gym. We know that showing up for practice is not enough. All athletes work to the fullest extent of their abilities. Personal success is not possible without having an industrious mindset. **How often do you work with an industrious mindset? Can you use this outside of the gym? What can you do to ensure your team is working to its top potential? Are you giving all that you have to improve yourself during "crunch time"? How will being industrious lead to your success at Showcase and beyond?**

Hard Work and Dedication



*"If you wish to be successful, you must be **industrious**. Be busy. Make sure your work is useful. If you are willing to put in the right kind of work, you will find success."*

November is the last month before our annual Showcase. Our teams have put so much time & energy into their routines. Interestingly enough, our teams will not be competing from a judging panel but Team STAR's Industriousness puts everyone in that same mindset. Our Showcase will feature outstanding performances that will be something everyone is proud of. We cannot wait to officially start #STARn8tion!

