

*PLAY LIKE  
A CHAMPION  
TODAY*

A Team for Every Child

# PLAY LIKE A CHAMPION

## STUDENT-ATHLETE PLAYBOOK

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Year 1 - All Grades

COACH



# ST. SEBASTIAN

## THE PATRON SAINT OF ATHLETES

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### Opening Daily Prayer

St. Sebastian, Patron of Athletes, you lived in the early days of the church, when to be a Christian often meant to be persecuted for your beliefs and even die for your faith. As an Officer in the Roman Palace Guard, you are a shining example of strength and courage not simply through your physical presence but through your deep conviction in Christ. Your faithfulness stands as an example to athletes as we strive to grow strong not just in body, but also in mind and soul. We ask you to pray for our class as we learn the value of play and how to be a Champion. Extend your helpful protection upon all the athletes in this class to play safely, free from injury and with a spirit of kindness as we compete with one another.

**Saint Sebastian** (c. AD 256 – 288) was an early Christian saint and martyr. According to traditional belief, he was killed during the Roman emperor Diocletian's persecution of Christians. Sebastian had concealed his faith, but in 286 he was found out. Diocletian accused him of betrayal and commanded him to be led to a field and shot with arrows by archers. Miraculously, the arrows from the archers did not kill him. The widow of Castulus, Irene of Rome, went to retrieve his body to bury it, and discovered he was still alive. She brought him back to her house and nursed him back to health. Sebastian later stood by a staircase where the emperor was to pass and lectured Diocletian for his cruelties against Christians. This freedom of speech, and from a person whom he supposed to have been dead, greatly astonished the emperor; but recovering from his surprise, he gave orders for Sebastian to be seized and beaten to death. Saint Sebastian is the patron saint of athletes.



St. Sebastian by Il Sodoma,  
Galleria Palatina in Florence, Italy

### Closing Daily Prayer

Saint Sebastian, Pray for Us!

# ST. SEBASTIAN

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### Questions for Reflection:

- What inspires you about Saint Sebastian?
- Why did Saint Sebastian speak to the Emperor Diocletian if he knew it would lead to trouble?
- What can we learn from Saint Sebastian's courage in the face of difficulty & danger?
- Why do you think Saint Sebastian is considered the patron saint of athletes?