



Pushing the Limits of Tradition Featured Video and Book - Discussion Questions

Adults pass along practices to children, and the human body physically benefits from the repetition of motions and routines—two very different types of traditions! Traditions can manifest in many ways—such as beliefs, events, and even repetitions of certain activities. Include in your discussions how our traditions can become springboards to exceeding our current limitations.

Featured Video-Bob Boyer

Coach Bob Boyer is a man who holds tradition in his heart and uses it as a tool to improve lives. Bob’s unique coaching style reflects his love of football, his commitment to shaping both the technical skills and character of the young men in his charge, and his passion for building a culture that strengthens the team.

Bob helps his players feel connected to one another with a traditional annual run that ends in his own back yard, where food and promises are shared around a fire pit. In another bonding tradition, each player receives a wristband bearing the team’s core values. And their Monday morning tradition is to study video of the team they’ll be playing that Friday. They watch and discuss every move the team makes and strategize how they’ll need to move in response. For the rest of the week, they practice, practice, practice those moves, until they become muscle memory. Almost reflexive responses. Bob truly believes that by pushing the limits on tradition, he’ll be coaching the state champions one day soon.

- What did you think of Bob?
- What do you think is the value of tradition? How are traditions important for society?
- In what way is practice and training a form of tradition – is it more than repetition?
- How do traditions play a role in learning?
- Do you play a sport? If so, what kinds of moves do you need to practice? Are you able to feel “muscle memory” take over? Have you ever been injured and needed to retrain your muscle memory? If you work with your hands, is there a kind of muscle memory at play? How is muscle memory related to “being good at something”?
- Are there things in your life where a specific mental construct helps you remember and succeed at a physical challenge? Why do you think that would work?





Featured Book – Station 11

Emily St. John Mandel, Fiction. Kirsten Raymonde will never forget the night Arthur Leander, the famous Hollywood actor, had a heart attack on stage during a production of *King Lear*. That was the night when a devastating flu pandemic arrived in the city, and within weeks, civilization as we know it came to an end. Twenty years later, Kirsten moves between the settlements of the altered world with a small troupe of actors and musicians. They call themselves The Traveling Symphony, and they have dedicated themselves to keeping the remnants of art and humanity alive. But when they arrive in St. Deborah by the Water, they encounter a violent prophet who will threaten the tiny band's existence. And as the story takes off, moving back and forth in time, and vividly depicting life before and after the pandemic, the strange twist of fate that connects them all will be revealed. amazon.com

- "Survival is insufficient," a line from *Star Trek: Voyager*, is the Traveling Symphony's motto. What does it mean to them?
- Clark's Museum of Civilization turns what we think of as mundane belongings into totems worthy of study. Is there something about having an actual physical item and a tactile experience that helps you learn or remember? Do you learn things more by hearing them? seeing them? touching them? Why do you think those are different for you?
- Throughout the novel, those who were alive during the time before the flu remember specific things about those days: the ease of electricity, the taste of an orange. In their place, what do you think you'd remember most? Do you have similar "milestone" events in your life? What do you think makes certain events or experiences so memorable for you? Do different senses (taste, smell, etc.) make you remember things more clearly?