



Pushing the Limits of Tradition Suggested Reading and 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.

Friday Night Lights: A Town, and a Dream

H.G. Bissinger, Fiction. Return once again to the timeless account of the Permian Panthers of Odessa—the winningest high-school football team in Texas history. Socially and racially divided, Odessa isn't known to be a place big on dreams, but every Friday night from September to December, when the Panthers play football, dreams *can* come true. - *amazon.com*

- What parallels do you see between the football traditions in Odessa and the sports traditions in your own community?
- How do the traditions passed on by the coaches and teams affect the players and the other kids in the school? How do traditions shape us psychologically? Does it make some things easier to accomplish? Why would that be?
- There is sometimes controversy around high school sports and worries about injuries. But are there also lifelong benefits to creating a habit of being active? What are your thoughts about balancing the risk and benefit?

