

We promote a unique environment at Cage Cap from day one. Cage Cap trains warriors not winners. There's a big difference.

Warrior cultures teach competing, not winning. Winning and losing are mere waypoints on the journey. Whatever the result, warriors learn from it and move on to the next day.

Commitment to personal excellence, high standards and the quest to be better than the day before make a warrior a winner. We strive to create true warriors. Goalkeepers who live by unbending values; cherish challenge; respect the nature of competition and competitors; and run headlong into the quest for excellence. We are obligated to intentionally cultivate these kinds of goalkeepers in every moment—even when no one is watching.

Once a goalkeeper embraces Cage Cap's mission, goalkeeping technique flows. That is why we ask players, parents and programs alike to assess whether a Cage Cap goalkeeper:

- * Maintains a warrior spirit after missing a save and humility when making one?
- * Counters failure with hard work, training and commitment to ensure a missed save doesn't happen in the future (even though it undoubtedly will)?
- * Gets in and out of the pool with confidence -- regardless of the game's result?

Is there a warrior inside of you? We believe there is. Join us.

** The content here has been adapted from *Developing Warriors, not Winners, is the Path to Excellence* by Reed Maltbie and our friends at "The Changing the Game Project." Mr. Maltbie's article is available in full at <http://changingthegameproject.com/developing-warriors-not-winners-path-excellence>.