



## **It's Just Practice**

*Speaker: Darren Youngstrom*

Oh, what's up? How y'all doing? You guys ready for school to get started? Yeah, yeah. *Friday Night Lights*, it's coming; football season is happening. This is the series, for the next few weeks that we're going to be talking about the pressure that you face in your life. Now, it's called *Friday Night Lights*, mostly just because we wanted to call it *Friday Night Lights*, because we just felt like that was cool. But we also called it that because there was a cool movie in 2004, *Friday Night Lights*. You've heard of it, seen it, and watched it—Billy Bob Thornton. Anybody? No, okay. B.T. Dubbs, I feel like I'm a long way away from you because of this stage extension; you know like the people down front, normally I can look down and see you, but I can't even see you and this is . . . I've been told I can't walk on it. It's concrete, but not dry yet, so we can do a quicksand demonstration, maybe. But anyway, I feel like I'm a long way from you. But let's move past that.

*Friday Night Lights*, there's also a TV series out, and also we're coming up on a time in high school students' lives where football season is about to kick off again. No pun intended, but the lights are coming on; the cheerleaders will be there; the marching band will be there. Maybe you're a trainer, maybe you have a brother or sister who plays football, maybe you're just a fan, I don't know. But whether or not you've seen the movie, you watch the show, or whether or not you care anything about your high school football program—you might be like, "This is the most irrelevant thing to me; I don't even go to this." We still feel like this title is relevant for you, and here's why. We believe that if, in fact, Friday night is the time when a football team finds out what they're made of, when the lights come on and it's game time, if that's the only moment in the week when they really discover how prepared they are for the game-time situation, in the same way for most high school students, Friday nights, Saturday nights, weekend nights are the times when you find out who you really are.

Those are the times when you find out what your character is really all about. Those are the times when you discover what you're made of. See, I've had thousands of conversations with high school students over the years, and believe it or not some of those conversations involve students who've been in trouble. I know that's none of you, but there have been times when students, maybe some of you, have come to me and said, "Yo, D Train—kind of messed up." I'm like, "Yo, tell me what happened." And they'd be like, "Well dude, this past Tuesday night was crazy." No. Nobody says, "Tuesday night was crazy." Nobody is like, "Dude, I was out all Wednesday night and my parents were freaking."

It just doesn't happen like that. They come and they say, "Well, this weekend, Friday night, there was a party. Saturday night here's what we normally do: some guys have been hanging out and I've kind of been hanging out with them, and here's what happened, and I got