



PHOTOS SPEAK M1



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A BROTHER'S RELIABLE SUPPORT

IMAGINE

... all the things you could do with a younger brother or sister - ride bikes, play games, build forts. But what if your brother or sister was confined to a wheelchair and could barely talk? What would you do then?

Conner Long has the answer. Conner was two-years-old when his baby brother, Cayden, was diagnosed with cerebral palsy. Conner yearned to play with his younger brother. He couldn't understand why Cayden couldn't walk and talk like other kids. Conner wished his brother could play with him.

When Conner began playing sports, it bothered him that his brother had to sit on the sidelines. He wanted Cayden to enjoy games and have a good life, too. Conner had the integrity to do something about his desire to improve a situation.

When Conner was seven-years-old he saw an advertisement for a kids' triathlon. He decided he wanted to do the race with Cayden. It took some convincing, but eventually his parents found a way to make it work. Conner would have to tug Cayden in a raft as he swam, pull him in a trailer as he biked, and push him in a stroller as he ran. The first race was really tough and required a bit of help from a triathlon trainer, but when Conner and Cayden crossed the finish line, they were both beaming. Their mother said, "It was the first time they had finished something together as brothers."

Racing gave Conner and Cayden a way to have fun together and bond. Conner loved seeing his brother smiling and laughing as they raced. Conner began signing them up for any race he could find. If a race didn't have room for all of Cayden's equipment, they didn't do it. If Cayden had to stay home, then Conner stayed home, too.

Conner gives his all when they are racing - swimming hard, running fast, and pedaling his heart out. During one of the races, Conner turned back to look at his brother in his trailer and shouted, "Doin' good Cayden!" Cayden grinned.

After they crossed the finish line, Conner's first thought was about his brother. He came around to the front of the stroller, "did you have a good time, buddy?" he asked. Then, before taking a sip of his own water, he pulled his brother's juice pouch from the side pocket and guided the straw to Cayden's mouth.

Their mother says, "I know it did something inside him [Cayden]. I know it changed him. With the help of his brother he's found something that he can do."

People who see Team Long Brothers race are inspired by the joy the boys share. One year, because of their disposition and determination, Conner and Cayden were chosen the Sports Illustrated SportsKids of the Year.

Despite the hype, Conner continues to live a life of integrity. For him, the most important thing is bringing fun into his brother's life. How will you choose a life of integrity and create your own best TrueSuccess lifestyle?

QUESTIONS LEAD TO UNDERSTANDING M2/5

1. What evidence is there of integrity in Team Long's lifestyle? How would you like to have a brother or sister like Cayden?

2. How did Conner follow through on wanting to support his brother? Why do you think Conner does it?

3. How can you learn from Team Long's lifestyle? What specificall-ly will you do to be a person of integrity?
