

PHOTOS SPEAK M1



Photos courtesy of the Longs

IMAGINE



A BROTHER'S RELIABLE SUPPORT

... all the things you could do with a younger brother or sister. You could ride bikes, play games, build forts. But what if your brother or sister had to use a wheelchair to get around? What if he or she could barely talk? What would you do then?

Conner Long has the answer. When Conner was two-years-old, it was discovered that his baby brother, Cayden, had cerebral palsy. Conner wanted 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 to try and make things better for his brother.

When Conner was seven-years-old, he read about a kids' triathlon. He decided he wanted to do the race with Cayden. His parents weren't so sure at first, but they eventually found a way to make it work. Conner would have to tug Cayden in a raft as he swam. He'd pull him in a trailer as he biked. He'd push him in a stroller as he ran. The first race was really tough. They needed some 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. Conner loved seeing his brother smiling and laughing as they raced. He 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.

Conner gives his all when they are racing. He swims hard, runs fast, and pedals his heart out. During one of the races, Conner turned back to look at his brother in his trailer. He 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 Cayden's juice pouch from the side pocket and helped him drink.

Their mother says, "I know it did something inside 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 attitude and determination, Conner and Cayden were chosen the Sports Illustrated SportsKids of the Year.

Despite the attention, 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 lifestory?

QUESTIONS LEAD TO UNDERSTANDING M2/5

1. How did Conner Long show integrity? 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 lifestory? What specifically will you do to be a person of integrity?
