

# EMBRACING THE SUCK

*Grit, Delayed Gratification, and Athletic  
Triumph*

By Ryan Martin

**"Success is no accident. It is hard work,  
perseverance, learning, studying, sacrifice, and most  
of all, love of what you are doing or learning to  
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A glowing key hangs from a rope against a dark, cracked wall. The key is illuminated from above, creating a bright glow and casting a shadow on the wall below it. The background is a dark, textured surface with visible cracks and crevices.

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