

# He Learned to Fly

Michael Stone had always dreamed of flying. A young man of extreme dedication and discipline, Michael chose to pursue the “flying” of pole vaulting.

At age 14, he began a regimented program to achieve his goal. He worked out every other day with weights, and on alternate days, he ran. Michael’s father, his coach and trainer, mentored the program. Besides being an athlete, Michael also was an honor-roll student, and he helped his parents with their farm.



At age 17, Michael faced his greatest athletic challenge. People watched as the bar was set at 17 feet – several inches higher than Michael’s personal best. He cleared it, and then he cleared the pole at 17 feet, 2 inches, and again at 17 feet, 4 inches.

In his final vault, Michael needed to fly 9 inches higher than he ever had before. Taking deep breaths to relax, he sprinted down the runway to an effortless takeoff. Michael began to fly and cleared the bar, setting a new national and international Junior Olympics record.

His years of practice and self-discipline in pursuit of a goal had resulted in victory – one made even sweeter by the fact that Michael Stone is blind.

Choose to endure today in the pursuit of your goals; with self-discipline, they are within reach.

*God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline (2 Timothy 1:7).*

– Beecher Hunter