



## **DALE SMITH a.k.a. “Coach Valley” | Stories of HOPE**

### *A Parkour Athlete’s Faith and the Art of Falling Safely*

As a child Coach Valley was adopted and gravitated toward crime, gangs, drugs, and violence. He was expelled from school and shipped to a “psych” hospital. After struggling with the meaning of life, he found hope and chased the dream of influencing youth and adults through coaching and the athletic training discipline of Parkour.

### **Discussion Questions**

1. What stands out to you about “Coach Valley’s” story?
2. Why is it important to have a dream, or inspiration?
3. Coach Valley shared that when he was growing up, all of his influences were pushing him down the wrong path. He stated that choosing to be around the right people is the most important thing for a person’s success because you become like the people you spend time with. What has been your experience with this?
4. Can you relate with Coach Valley’s take on feeling like he never fit in anywhere as a child?
5. Having the understanding that life is like a vapor, Coach Valley pointed to a question that changed the trajectory of his life: “What do I want to be remembered for?” Why do you think that is a worthy question to ask yourself?
6. Coach Valley had a spiritual experience that shaped his faith as a young person. In what particular ways was that faith challenged?
7. In Parkour, there is a thing called Ukemi, which is the art of falling safely. How did Coach Valley liken that to falling into the arms of God in our Christian walk?
8. What might you need to surrender to fall safely into the hands of God today?