

All You Need to Know About Sportsmanship!!!

Sportsmanship is the ability to:

- Win without bragging
- Lose without complaining - or making excuses
- Treat opponents and referees with respect

Do you?

- Always follow the rules of the game
- Avoid arguments
- Share in the responsibilities of the team
- Let everyone play by the rules of the game
- Always play fair
- Follow what the coach says
- Respect the other team's efforts
- Give encouragement to my teammates
- Follow the judgement of the referee
- End the game smoothly



Here are some sportsmanship tips you can follow:

- If you make a mistake don't make excuses learn from it and improve for next time
- Realize teammates will make mistakes, encourage instead of criticize them

Sportsmanship Traits:

- **Courage** is having the determination to do the right thing even when others don't; the strength to exhibit fairness, to be courteous, to gracefully accept the result of the contest, to attempt difficult things that are worthwhile
- **Good Judgment** is choosing worthy goals; setting priorities in accordance with team, county, state and national rules; leading others to follow these rules
- **Integrity** is having the inner strength to be fair and courteous during athletic events, to play according to the rules, acting positively and honorably not only to your team, but to your opponent
- **Kindness** is being considerate, courteous, and generous in spirit to the opposing team; showing care, compassion and friendship in victory or defeat; treating others as you would like to be treated
- **Perseverance** is being persistent in pursuit of worthy objectives in spite of opposition, difficulty, injuries, handicaps or discouragement, and exhibiting patience and the fortitude to try again when confronted with mistakes or failures
- **Respect** is showing high regard for coaches, officials, opponents, fans, administrators, self, team, and the school you are representing.
- **Responsibility** is being dependable in carrying out obligations and duties, showing reliability and consistency in words and conduct, and being accountable for your actions
- **Self-discipline** is demonstrating hard work and commitment to purpose, regulating yourself for improvement and refraining from inappropriate behaviors, maintaining self-control at all times, and doing your best in all situations

"High Fives" to Sportsmanship:

- Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best accommodations and accorded the respect, honesty and generosity which all people deserve.
- Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
- Know, understand, and appreciate the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
- Maintain self-control at all times. A prerequisite of sportsmanship requires one to understand his own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.
- Recognize and appreciate skill in performance regardless of affiliation. Applause for a good performance of an opponent is a demonstration of generosity and good will. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of sportsmanship.

The Acceptable "five":

- Applaud during introduction of players, coaches, and officials and at the end of a contest for the performances of all participants.
- Shake hands with participants and coaches at the end of the contest, regardless of outcome.
- Accept all decisions of officials.
- Engage in positive school yells in a respectful manner.
- Encourage surrounding people to display only sportsmanlike conduct.

The Unacceptable "five":

- Yelling during the opponent's free-throw attempt, in a disrespectful manner, or to antagonize opponents.
- Booing or heckling an official, coach, player or cheerleader.
- Refusing to shake hands or give recognition for good performances.
- Blaming the loss of a game on officials, coaches, or participants.
- Using profanity or displaying anger that draws attention away from the game

Sources:

http://www.aaps.k12.mi.us/northside.dekeon/good_sportsmanship_checklist_for_kids

http://amydiamondgroup.com/community_info.asp (image)