

## Got Sportsmanship?

What are we teaching our students about sportsmanship?

Create a motto or cheer to exemplify your teams spirit and sportsmanship!

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How did that make you feel when we judged you? Did you feel the stress of being critiqued? Did you feel a little incensed by our comments? How did you feel about the other teams reactions? Were you disappointed for them also? Now consider that your parents are in attendance. Do you have a responsibility to educate them in your expectations of their actions?

Why do you attend a dance team competition?

List 5 reasons in order of importance from most to least important.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

1. To challenge my team members to reach new performance levels.
2. To increase the overall quality of my program.
3. To allow my team the opportunity to see other programs and performances and stimulate their interest to keep working.
4. To reward my team's hard work by taking a trip and having fun together.
5. To win awards and recognition for my team.

All these ideas sound so idealistic, but if you don't win anything do you remember your reasons? Do your students and parents accentuate the positives or the negatives of the competition? Now lets make a plan to train for good sportsmanship!

Sportsmanship Training Manual

1. Define Sportsmanship as a team. List possible scenarios of when the Sportsmanship Police should be called to help them clarify their definition.
2. List football, basketball, baseball, and other school function sportsmanship activities.
3. Devise a list of acceptable and unacceptable behaviors for students and parents when attending a team activity. (List good sportsmanship characteristics)
4. Develop activities that de-emphasizes winning and promotes performance.
5. Schedule a parent and student meeting to educate them about the event. Include a schedule of events, a timetable of the day, an awards explanation, and your expectations of their involvement.
6. List behavior modifications that your team wishes to improve.

7. Set team goals to include action plans which will insure achievement.
8. Evaluate how tone, body language, and delivery affect the message.
9. Elect an award to exemplify the Best Sportsmanship, Best Smile, Most Improved, Highest Kicks, Sharpest Pom, Best Toe Touch, Most Sparkle, etc. to promote a successful attitude.
10. Examine your attitude and stress that each persons actions represents the team. The Director is a role model for their students.
11. THINK BEFORE YOU SPEAK!

### **Quote of the Day...**

How we react to life's ups and downs forms our personality and character ...Rhonda Abrams

Every job is a self-portrait of the person who did it. Autograph your work with excellence...from a poster in an auto repair shop.

Practice doesn't make perfect; only perfect practice makes perfect  
...Andrew Hill with John Wooden

It's not how hard you work, it's how smart you work...John Maxwell

Many failures are blessings in disguise...Rhonda Abrams

Stand with anybody that stands right...Abraham Lincoln

Learn to live up to your own standards and values...Rhonda Abrams

"Thoughts become feelings, and feelings become behavior". Jim Stanley

When I have strong feelings about something I tend to voice my opinion stronger and more forcefully. So it follows that how I FEEL determines how I ACT. And as Mike will be glad to remind me, how I ACT will often determines how he REACTS toward me. This is true in any situation, be it good or bad. If you have a positive attitude toward every team activity then the reaction will be more likely one of success and achievement. Chances are if you decide that something will not work, it won't! If you enter a situation with a negative feeling your attitude will be contagious and your team will reflect that pessimism. Being a positive force can only produce good feelings and form winning attitudes.

"Crisis doesn't make or break you - it reveals you". Don Moomaw

Try to remember the last time you faced a crisis situation. Think of how you acted or reacted. Now consider that somehow you were being videotaped. Whoa! Would you want to admit that the person in that video was you? I'm sure we can all think of times we would claim alien invasion - no intelligent life there. But, as a coach we have to remember that students, parents, and administrators are watching and evaluating us in every situation. Always try to be an outstanding role model for your program because your students will be a reflection of your attitude. If they see a calm, confident, cooperative person then the program will exemplify class and high standards. Winning attitudes produce winning teams.

"My players need me more when they lose than when they win". Jim Valvano

Everyone enjoys winning. But what is winning? Is it being the number one team at the competition, or is it performing your best whether you won the trophy or not? A winning coach will help the team see their accomplishments instead of their deficiencies. A coach becomes a mentor to help the team view themselves honestly and learn from their experiences both good and bad. Effective coaching will assist the individuals as well as the team to strive for higher goals within a nourishing environment. Teams should realize their weaknesses and strive to strengthen them through hard work and dedication. Making excuses for losses and devaluing the competition only diminishes the successes of your team and their achievements. Allow them to be proud of their performance, and let them know how proud you are of them. Pride lasts forever!

"Like it or not, you are the example". Jack Mackey

If you teach a step and then repeat it in not the exact same way, chances are one student will say, "That's not the way you did it last time. Do you want us to do it that way, or the first way you showed us?" I know we have all heard that one. Well, your actions will be under the same scrutiny. Consistency and impartiality are a must toward each and every member. Your attitude will be contagious. Your standards will reflect their growth. Your morals will reflect their standards. Your sportsmanship will become the model for their character. Your team's reputation will be a reflection of YOU!

"The greatest coaches are those who know how to motivate others to succeed, stay focused, believe in themselves and overcome disappointments. Coaches inspire others to aim higher, work harder...and enjoy doing it". Dr. William Hendricks

Never be afraid to ask your members to give their best. Motivate them to grow and learn by reminding them of the goals they've set. Help them to believe they can accomplish great things. Be their best critic, but also show them you are their greatest cheerleader. Plan practices to incorporate variety and fun activities. Remember that this is supposed to be fun! Try to become the coach that you want to see on that video.