

SIX SIMPLE WAYS TO BE A GOOD SPORT

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It is difficult to attend an interscholastic event without witnessing some act of poor sportsmanship. Anytime a large group of people gathers the chances of witnessing unfavorable sporting behavior increases. Peer pressure is a powerful way to curb acts of poor sporting behavior. Not supporting individuals who display poor sportsmanship and instructing them about good sportsmanship can curb this disturbing trend.

High school and middle school athletics and extra curricular activities are learning environments where positive sportsmanship is essential. The Kansas State High School Activities Association (KSHSAA) recognizes the importance of instilling positive sportsmanship at all interscholastic events. The HSKSAA call on the school community – teachers, coaches, directors, students, parents and fans - to strive for sportsmanship in everything they do by teaching the values of dignity, equity, fairness and respect. The following six steps will help everyone understand their responsibilities at an athletic or fine arts event.

Understanding the rules.

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions about the officials, coaches, players or administrative decisions. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of the given rule.

Model your best behavior.

Good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies on everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

Acknowledge all skilled performance.

Acknowledge and applauding an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. It not only represents good sportsmanship, but also reflects a true awareness of the game by recognizing and appreciating quality.



Respect the opponents.

Opponents are guests and should be treated cordially, with thoughtfulness, be provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, and family. This fundamental is the Golden Rule in action.

Respect the officials.

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all participants in the contest are a part of the game. We should not rationalize our won poor or unsuccessful performance or behavior by placing responsibility on the officials. This value is critical for students to learn for later application in life.

Be proud of who you are.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, director, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

The KSHSAA calls on the school community – teachers, coaches, directors, students, parents, and fans – to strive for sportsmanship in everything they do by teaching the values of dignity, equity, fairness, and respect.

Remember –

Sportsmanship is Everybody's Responsibility!