

## Weekly Sportsmanship Values

### **Week 1 Value – Being a good teammate**

Being a good teammate is a value that benefits not just the individual but the entire team. It promotes friendship, communication, and positive team chemistry...and being a good teammate is not difficult to do:

1. Always be an encourager – Being positive and rooting for your teammates is a good thing, so when you see someone on your team make a good play, tell them they did a good job or made a good play. Even if they mess up on a play, encourage them to keep trying.
2. Give high fives – The physical act of giving a high five is very powerful. If a teammate goes out of there way to give a good high five it become infectious. So when your teammates are making plays or learning, give them lots of high fives!
3. Positive body language – Practice having a positive attitude and using good body language during team activities.

### **Week 2 Value – Honesty and Fair Play**

How many of you have heard the phrase, "it doesn't matter whether you win or lose, it's how you play the game?" Who can tell me what that means?

True or False: it's OK to cheat a little if the referee isn't watching. Why?

False! It's natural to want to win a game. But if we have to cheat to win, then we haven't really won at all have we? Here's why: when we cheat, we're not being honest with ourselves. We know in our hearts that we had to cheat to win. This means that we also know that we didn't play better than the other team... we just cheated. Would that make you feel like a winner?

Here are ways that you can show your honesty and your ability to play fairly:

1. Learn the rules of the game and play by them
2. Always play fair, whether or not the referee is watching
3. Treat others on the field the same way you want to be treated

### **Week 3 Value – Respect the Umpire**

Being respectful to the game official is very important when practicing good sportsmanship. It is important to remember that the game official doesn't care who wins or loses but is honestly doing the best job they can to manage the sport you are playing. So the next time a call goes against you or your team, remember its just a game. Here are some tips for practicing good sportsmanship toward a game official:

1. Even if a call is wrong, the call was made...move on and play the game.
2. Officials are people just like you, so treat them with human decency because they deserve it.
3. Always shake their hand after the game if over.

### **Week 4 Value – Patience and Taking Turns**

Baseball is not a fast paced sport where everyone is moving at the same time. It is played intermittently (short bursts) with lots of breaks in between. This means that to be a good teammate you will need to practice getting good at being patient and taking turns. Wait for your turn in the batting lineup before you get to bat again, be patient while hitting and fielding, and remember to take turns when warming up for the game and getting snacks at the end of the game.

### **Week 5 Value – Respect Your Opponent**

Part of good sportsmanship in baseball is learning to respect your opponent. In the field of play, respect for the other team's effort is central to good sportsmanship. Recognizing extraordinary effort or the great performance of another team's player does not lessen your own accomplishment. If you are out performed, don't make excuses that try to diminish your opponent. Learn from it and move on. If you out perform your opponent, don't gloat and try to minimize their effort. Some easy reminders for being a good opponent are:

1. Always shake your opponents hand after the game is over.
2. Tell the opposing team "good game" once it is over.
3. If someone makes a good play on the other team, don't hesitate to tell them "good job." Be positive and respectful at all times on the field.

### **Week 6 Value – Be a Big Kid on Gameday**

Part of playing sports is learning how to behave on the field and during play. Even if the game isn't going your team's way, always remember you are out there to have fun, represent your parents, and to be a good teammate. So try your best to be a "big kid on gameday!" Here's how:

1. Don't yell or scream or have a melt down on the field if you get upset...instead, take a few deep breaths to try and calm down.
2. Always listen to the coach's instruction. If you are batting, don't be difficult and goofing off. Lots of other kids want to bat too so take your turn and be cooperative.
3. Always be ready. When you are playing in the field don't sit down or get out of position. Always watch the ball and be ready to field it should it get hit to you.

Week 7 Value -