

# “Sportsmanship I” in our Society

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We call these All-Star Games “Sportsmanship I” because we want to emphasize sportsmanship first. If you don’t practice good sportsmanship but play to win at all cost, it is a very shallow victory for you are sacrificing the true meaning of what sports and athletics are all about. Sports should aid in developing a positive caring attitude, empathy, compassion, strong work ethic, honest, trust, respect, character, courage, fairness, integrity, courtesy, good manners, humility, and leadership in our society.

- Sportsmanship is a key element to a successful life and should be strived for in everything that you do.
- Sportsmanship is achieved by developing a positive attitude, knowing and playing by the rules, having fun, playing your best, being truthful, honest (A person must be sincere and honest in every phase of his life. He/she might lack something in knowledge and technique and still get along, but his or her fate is failure if he/ she is lacking in honesty or sincerity. People will not change if they do not trust your honesty and sincerity.)
- To be an excellent leader you first must care about every individual and show respect for that individual. The truly great leaders not only care and respect each individual but also show a strong sense of compassion, empathy and fairness to each individual. An effective leader recognizes the importance of building relationships. Coach John Wooden (UCLA) believed that a caring attitude was an essential ingredient to success. It was his opinion that, “People do not care how much you know until they know how much you care”. He applied this philosophy to how he treated his players, fellow coaches, friends, and family.
- Self-control and mental toughness are crucial for sportsmanship. You must keep your emotions under control and must be able to think clearly at all times. You must be fair, consistent and keep your poise at all times. You must keep your emotions under control and there is a delicate adjustment between mind and body. You must keep judgment and common sense. You must be responsible of your actions, or in-actions, towards others including your own team members, your coaches, administrators, your opponents, and the officials.
- Sportsmanship is always practicing good manners. There is no substitute for good manners. Being friendly and humble if you win. If you lose, learn from your mistakes and be flexible to improve or change tactics or strategies.
- Sportsmanship is treating the people that you play with and against as you’d like to be treated yourself. Give your best and shake hands with your opponents before and after a game. Thank the other team or individual for giving you a challenge and being competitive.
- Sportsmanship must include essential positive character traits. Character is defined by the way a person normally responds to desires, fears, challenges, opportunities, failures, habits, and successes when no one is looking.
- Regardless of your job or profession, you should not be bought out by any political pressure, code of loyalty, code of silence, individual, special interest group, or policy and you must have the courage to speak up and do the right thing for everyone involved.
- Sportsmanship involves character qualities of trust. As Gandhi, ounce stated, “One of the most essential qualities of human spirit is to trust one and to build trust with others”. “An effective leader has faith in people and believes in his followers, trusts them and thus draws out the best in them. Trust is the glue that binds leaders and followers together. Trust implies reliability, predictability and common concern for others”.
- Fairness is another character quality of sportsmanship. Fairness means one plays by the rules that are unbiased, equitable, just, honest, impartial, and treats all sides with respect, justly and equitably. Ultimately the Golden Rule is about fairness and decency and treating people right.
- As my mother often said to me, “There is no substitute for good manners” Courtesy, means being respectful and considerate of others, and have excellent manners of social conduct.
- Sportsmanship is one of the most important components of leadership. You must have a good work ethic, have a ceaseless desire to improve, you must constantly be looking for ways to be innovative and improve, willing to sacrifice as an individual for the good of the group, compete hard, be humble in both victory and defeat, and exhibit good sportsmanship and integrity at all times. The mark of a true leader and someone who practices excellent sportsmanship is that he/she admits that he/she has made a mistake, and apologizes.

