



## A Person of Character for Student Athletes

**Trustworthiness** – Always pursue victory with honor. Demonstrate integrity in all things and observe the spirit and letter of the rules. Don't engage in any form of dishonesty.

**Respect** – Be a good sport. Treat the traditions of the sport and other participants with respect. Don't engage in or tolerate disrespectful conduct, including verbal abuse of opponents and officials, profane or belligerent "trash talking", taunting or unseemly celebrations. Win with grace and lose with dignity.

**Responsibility** – Be a leader and role model on and off the field. Strive to develop life skills to help you become successful and socially responsible. Maintain a healthy balance between school, social life and sports. Learn and follow basic rules of safety and safeguard your physical and mental well-being by avoiding the use of tobacco, illegal drugs and unhealthy eating habits. Master the rules, strategies and techniques of the sport.

**Fairness** – Adhere to high standards of fair play. Treat teammates and opponents fairly. Never take unfair advantage. Be open-minded.

**Caring** – Play safe – never intentionally injure any player or engage in reckless behavior. Help safeguard the well-being of teammates by encouraging them. Report any unhealthy conduct to coaches.

**Citizenship** – Avoid gamesmanship and demonstrate sportsmanship by honoring the rules and goals of your sport. Abide by the spirit and letter of rules and codes of conduct, including those concerning eligibility, recruitment, compensation and gifts, gambling, drug use and improper conduct.

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