

# Competing with Character ©

Boys Town has a strong foundation of teaching skills to our youth that will give them a chance at being successful. As an outgrowth of this, we developed a set of skills with specific steps to help build solid character in the area of competition. The skill sets developed are for the coaches, players and parents. With specific directives, each group has a better understanding of how to demonstrate good character. Each season we address all three groups and have them sign on to adhering to these skills. We use this terminology to teach to each situation and everyone understands what we are discussing.

## **Skills for Coaches**

### **BE ORGANIZED**

Have a practice plan  
Engage players and reduce idle time  
Work towards goals

### **HAVE HIGH ENERGY**

Motivate yourself  
Interact with players  
Be physically active

### **PRAISE AND COMPLEMENT**

Catch them being good  
3 to 1 ratio  
Make connections between appropriate behavior and desired outcome

### **TEACH KIDS SKILLS**

Put it in your practice plan  
Look for opportunities  
Teach don't preach

### **MODEL**

Dress like a coach  
Never use foul language  
Exhibit proper conduct toward players, opponents, and officials

### **COMMUNICATE WITH PARENTS**

Let parents know your rules and expectations ahead of time  
Notify parents of changes or concerns  
Be empathetic

### **CORRECT PLAYERS**

Uphold your tolerance levels  
Teach to it  
Administer consequences if necessary

### **UNDERSTAND THE BIG PICTURE**

Teach life skills through sport  
Emphasize competing not defeating  
Have fun

## **Skills for Players**

### **LISTEN TO YOUR COACHES**

Stop what you are doing  
Look at the coach  
Make an effort to concentrate

### **GET ALONG WITH YOUR TEAMMATES**

Make positive comments to teammates avoid negative comments  
Ignore any irritating behaviors, don't escalate a situation  
Remember you are all here for a common goal

### **FOLLOW COACHES INSTRUCTIONS**

Listen to your coach the entire time they are giving instructions  
Do what your coach said immediately and with energy  
If you don't understand, raise your hand and ask

### **EXHIBIT HIGH ENERGY**

Do everything to the best of your ability  
Hustle, don't walk  
Stay on task and avoid horseplay with teammates

### **BE PREPARED FOR PRACTICE AND GAMES**

Be on time  
Pack equipment ahead of time  
Double check before leaving

### **RESPECT YOUR OPPONENTS**

No trash talking or gestures  
Play within the rules  
Ignore any unsportsmanlike behavior from your opponent

### **WIN WITH CLASS AND LOSE WITH DIGNITY**

Congratulate your opponent win or lose  
Don't brag or boast when winning, don't criticize or make excuses when losing  
Take a lesson from both winning and losing

### **RESPECT FACILITIES AND EQUIPMENT**

Use facilities and equipment how they were intended  
Pick up after yourself and teammates  
Report any damage to the coach

## **Skills for Players (continued)**

### **HANDLE DISAPPOINTMENT AND ADVERSITY**

Avoid negative outward displays both physical and verbal  
Learn from the situation  
Work harder

### **ACCEPT COACHING**

Understand coaching makes you better  
Follow the coach's instructions without hesitation or talking back  
If you feel frustrated, visit with the coach at an appropriate time



## **Skills for Parents**

### **HAVE YOUR CHILD ON TIME WITH PROPER EQUIPMENT**

Write it down  
Help your child share the responsibility  
Notify coaches if there is a problem

### **SUPPORT THE COACHES**

Avoid negative talk  
Ask if there is anything you can do  
Tell them thanks

### **VOICE CONCERNS APPROPRIATELY**

Avoid the time after a game or contest  
Remain calm and use appropriate voice tone  
State your concerns, listen, and have an open mind

### **PRAISE AND COMPLEMENT OVER CRITIQUE AND CRITICIZE**

Look for the positive  
3 to 1 Ratio  
Make connections between appropriate behavior and desired outcomes

### **MODEL APPROPRIATE BEHAVIOR AT ATHLETIC CONTESTS**

Cheer for your team not against your opponents  
Game officials are off limits  
Don't criticize

### **EMPHASIZE EFFORT AND ENJOYMENT OVER WINNING AND ACCOMPLISHMENTS**

Avoid conversations concerning how many? Or how much?  
Try not to draw comparisons between your child and another  
Be empathetic immediately after contests

### **PROBLEM SOLVE ISSUES YOUR KIDS HAVE WITH COACHES**

Stay neutral and avoid making negative comments about the coach  
Practice with your child how to advocate for themselves with the coach  
Support coach's right to make decisions

