

Students First...

a call to our
community to give
student athletes the
care and support they need

A healthy sports experience for all young athletes- this is our goal. Bemidji Public Schools reminds us that sports can be a building block which leads to young people growing up healthy, safe, caring, and competent.

Why

Fun is the primary reason students play sports. Being involved with sports is a unique opportunity for players, coaches, officials, parents, and spectators to enjoy "community" in the real sense of the word. A healthy sports experience for young people promote positive:

competition

character development

self-esteem

social skills

sense of belonging

physical fitness

sportsmanship

cooperation

How

Take time to read and think about the Codes of Conduct that follow. Best of all, keep them handy and look at them before each game, match, or meet. We will all benefit from the positive attitudes of teamwork and community...win or lose!

Athletes

There are a few things more exciting than participating in sports. As an athlete, you have the opportunity to learn new skills, be a part of a team, make new friends, get lots of exercise and have fun. The most valuable skill you will learn will be a positive attitude. Win or lose, if you can honestly say after each practice and after every game, "I have done my best, and given my all, then you will have succeeded.

Code of Conduct

As an athlete, I will strive to:

- * learn the rules of the game
- * do my best
- * encourage and support my teammates
- * listen to my coach and communicate my needs and goals
- * show respect for officials and accept their decisions
- * avoid unsportsmanlike gestures or language
- * treat the competition as a game, not a war
- * have fun and feel good about my effort
- * display modesty in victory and graciousness in defeat

"When the game is over, I want your head up - and I know of only one way for your head to be up - and that is you know you did your best...no one could do more...You made that effort."

John Wooden
(Former UCLA basketball coach)

Parents and Spectators

Parents and spectators hold a vital key to young athlete's sporting experience...that by creating a supportive atmosphere. This can be created on the way to the games and practice at the competition site and on the way home. While watching the games, you have the opportunity to meet and interact with many other adults and youth. Be mindful that what you say and do is heard, seen, and emulated by others. You can lift the spirit and confidence of the young athletes with your encouragement and example. Keep it positive!

Code of Conduct

As a parent and spectator I will strive to:

- * yell encouragement to the entire team
- * refrain from yelling instructions to individuals
- * relinquish responsibility for the athlete to the coach during the game
- * applaud performances and effort demonstrated by both teams
- * refrain from making negative comments
- * instill and reinforce the competition as a game and sport, not a war
- * help a young athlete see the positive side when disappointment occurs
- * point out the positives, not the mistakes when "replaying the game"
- * model self control showing respect for the game, the players, the coaches and the officials

Officials

Officials in sports have the opportunity and responsibility to create a positive on - field atmosphere that will give the young athlete the opportunity to succeed. You are the one who can make a difference in how youth view the game since you are there with them and have an on - the - field perspective. Take advantage of the “teachable moment” to show our athletes that someone cares enough to point out their good plays along with their mistakes. Don’t always catch them doing something wrong...catch them doing something right, too.

Code of Conduct

As a game official, I will strive to:

- * accept the role in an unassuming manner
- * know the rules of the game thoroughly and consistently and fairly enforce them
- * maintain confidence and poise controlling the contest from start to finish
- * communicate positively with players, coaches, and fans
- * publicly shake hands with coaches of both teams before the contest
- * never exhibit emotions or argue with participants and coaches when enforcing rules
- * consistently enforce the Code of Conduct and expectations for players, coaches and fans
- * when watching a game as a spectator, give the officials the same respect I expect to receive when working a contest

Coaches

Being a coach takes time and skill. Never underestimate your importance to the young people who play for you. Your athletes look up to you. What you say and think and do matters to them. You, as a coach, can help shape your players’ self-esteem. Your potential for positive impact on your athletes is great!

Code of Conduct

As a coach, I will strive to:

- * communicate clearly the expectations of behavior for athletes and spectators
- * emphasize effort, not outcome
- * look for good things and reward them
- * remember that every child is a winner, not just the one who scored
- * be always mindful that winning is for a day...sportsmanship and citizenship are for a lifetime
- * set a good example in my actions, words, and tone of voice, avoiding negative behavior and attitudes
- * refrain from negative comments regarding the officiating before, during, and after the game
- * treat each of my players with respect and dignity, avoiding humiliating or degrading actions and remarks

Did you know that Vince Lombardi was misquoted according to his son. He really said, “Winning isn’t everything, but striving to win is.”

(former Green Bay Packers football coach)

Students First in Sports

A Guide for

Athletes

Parents

Spectators

Officials

Coaches