

# Improving Sportsmanship On & Off the Field



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# Creating a Student Athlete Advisory Committee

Leadership is a position in life that only a few of us have the privilege to experience, but it is not a privilege that just occurs. We are selected for this position because we have some innate abilities - but leadership itself is not innate, we need to learn specific skills that will help us become great LEADERS!!

## **Why a student advisory committee?**

Organizing a student advisory committee brings several potential benefits to your school including:

- 1. Creates strong leaders.**
- 2. Targets the people who have the biggest impact on your program's success.**

Your captains have such a big influence on their teammates - athletically, academically, and socially. They are the key catalysts and chief dominoes of your group. If you can get them moving enthusiastically in the right direction, virtually all others will follow. Targeting your student leaders with the proper training and support provides you with the biggest benefit for the limited amount of time you have available.

- 3. Provides leaders with practical skills/insights rather than assuming they know what to do.**

Even investing as little as 15-20 minutes of leadership training for your captains once a month is much more than 95% of high schools and colleges presently provide their student-athlete leaders. It's amazing to think how much coaches and athletic directors depend on their leaders to set the standards, hold teammates accountable, be their voice when they are not there, etc., yet the vast majority provide their leaders with zero, or at best, cursory training to do so effectively.

# Creating a Student Advisory Committee

## **4. Creates and strengthens a partnership between captains, coaches, and athletic administrators.**

With the inherent generation gap between teenagers and their coaches/athletic administrators, a student advisory group effectively bridges the age difference and creates a strong leadership team. It allows the adults to tap into and value the insights of their student-athlete leaders. At the same time, a student advisory committee allows the student-athlete leaders to be mentored by respected adults who care about their student-athletes' development on and off the court/field.

## **5. Provides support and comraderie for all captains.**

Being a leader is a difficult and challenging job, especially for high school who still highly value what their peers think. Many of them would rather be popular than to make the difficult decisions that need to be made for the success and reputation of your program. Because there is strength in numbers, a student advisory committee provides your leaders with the support and encouragement they need to make the difficult decisions and the courage to speak up and confront their less disciplined teammates.

The leaders from the student advisory committee repeatedly mention that they really value the chance to discuss the challenges they face with leaders from other teams who understand their situations and can offer advice and support. The other leaders/captains provide them with a sense of perspective and alternative views and ways to handle common challenges.

# Creating a Student Athlete Advisory Committee

## **How to Set Up and Organize Your Captain's Club**

### **How many members?**

Freshmen through seniors can be involved in the program and you can organize your committee to incorporate the three-tier system:

1. Freshmen, 2. Emerging sophomore/junior leaders, 3. Established junior/senior captains/leaders.

Each coach selects a member of their team to be a part of the committee. This could change as the seasons of sport change.

### **What kinds of training topics can you cover?**

1. Dealing with athletes who violate rules, 2. Dealing with 9th and 10th graders on the varsity, 3. What to do as a JV player when your best player is taken to varsity, 4. How to handle things when they or their teammates make a mistake, 5. Motivating teammates who aren't motivated, 6. Qualities of a Leader, 7. Attitude, 8. Responsibility, 9. Self-image, 10. Character, 11. Goal setting, 12. Mental Training, 13. Servant Leadership, 14. Problem Solving and Decision Making, 15. Becoming a Change Agent.

### **Suggestions for Creating a Captain's Club at Your School**

1. Talk with your AD and fellow coaches and get them excited about the key benefits of creating a student advisory committee.
2. Determine a core group of people (coaches, administrators, students) who will spearhead and organize the program.
3. Determine which and how many student-athlete leaders you would like to be involved in the student advisory committee and selection methods/criteria.

# Creating a Student Advisory Committee

4. Decide on the key topics you would like to cover with your leaders.
5. Determine a workable meeting time and schedule.
6. Solicit program feedback from captains and coaches as the program evolves.
7. Acknowledge and appreciate the work of the student advisory committee whenever possible via announcements, awards, etc.

Additional ideas: Solicit sponsorship of the club from booster groups, local service organizations, and/or area businesses. The funding could provide you with distinctive t-shirts, snacks for meetings, money to send representatives to leadership workshops, leadership training resources, bringing in speakers, etc. Most businesses and service clubs love the opportunity to contribute to the development of the next generation of leaders in their communities.

Not only will creating a Student Advisory Committee help your program be more successful on and off the court/field - but you also play a huge role in providing your young leaders with important leadership skills that will make a difference for them and your communities for generations to come.

# National Federation Captains Course

[Captains Course Course](#)

# Start the Buzz at School

## Start with small things

- Make every Friday a school spirit day- Staff & Students
- Have the ASB/USB card be free admittance into home athletic contests
- Give every student a spirit shirt or make them very affordable (free, \$5, \$10)
- Theme each game, white out, black out, neon, beach, pink out, nerd game, USA
- Name your student section
  - EX) Red Zone, BBC, Blue Hole, The Beast, Red Wave, Dogg Pound, The Den, Orange Crush, Dawg Pack, Kennel Club, Dew Crew, Black Pack, Rowdy Rooters, Blue Crew

# What can the teams do?

- The student athletes need to support each other and they need to reach out to their peers and the staff for support.
- Game day jersey- allow athletes to invite a staff member to wear their jersey on game day (away jersey when home) or have them invite a classmate to be a team member for the day by wearing a jersey.
- As a team attend a band concert, a choir concert, a play, go to a cheer competition.



“I saw you at my game”

- create a note for your athletes to give to a staff member when they attend a game or put it on their door.

# Culture of Unity

If you have a rival school, do your best to create a positive environment prior to the competition. Have dinner together, carry a unifying banner around the stadium prior to the game- show a united front.



# Build up your Athletic Event

- Have a series of events at brunch/lunch, low threat games - Limbo, headband/sock decorating, push ups for In and Out.
- On the day of the game have principal draw 10 student and 3 faculty names, if they are wearing school colors get a movie ticket.
- Have marching band march around campus just before lunch for special games - Homecoming or rival games.



# Creating Spirit at you School's Athletic Contests

## Crowd Involvement cheers

- The Boxer
- Mannequin Challenge
- Haka
- Roller coaster
- “If you’re winning & you know it, clap your hands”
- “I Believe”
- First Down Chants
- 3-point & Free Throw Chants

# #PACKTHEHOUSE



- MORE TEAMS IN CIF PLAYOFFS
- SCHOOLS ENCOURAGE STUDENTS TO ATTEND GAMES
- CIF ROAD TEAM
- BE SURE TO TAG YOUR STUDENT SPIRIT SECTIONS PICTURES WITH #PACKTHEHOUSE

# How to #Packthestands

Make the game an event- something the kids want to attend:

- Do give-a-ways
- Theme the game
- Put a DJ in the student section
- Find a “crazy excited” staff member to lead them
- Get the kids everyone knows to be leaders
- Work with the Cheerleaders
- Decorate the area
- Paint the section for the kids
- Make it student only



# SPORTSMANSHIP

## Leading up to the Game

- Meet with the other school several weeks ahead of time and discuss how to keep the rivalry in-check
  - Ex) posters, campus vandalism, cheers at games.
- Have both ASB's get together for dinner.
- Make spirit posters together.
- Focus solely on your school, your team, your school family.
- Keep it positive - never stage any sign or "stunt" which degrades another team's name, mascot, or logo



# CIF Pursuing Victory with Honor

- Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect.



# Pursuing Victory With Honor: Ideas for Activity Directors

1. Work with the student body leadership to ensure that the school's activities and athletic programs emphasize the importance and essential elements of the six core principles of Pursuing Victory with Honor: trustworthiness, respect, responsibility, fairness, caring and good citizenship.
2. Promote sportsmanship and foster good character by Teaching, Enforcing, Advocating and Modeling the six core principles.
3. Communicate to all students and parents that athletic participation is a privilege, not a right. To earn that privilege, all students, especially student-athletes must abide by the rules and conduct themselves, on and off the field, as role models who exemplify good character.
4. Help enforce district-approved codes of conducts for parents and spectators. If the school, or district, doesn't have such codes, urge development of such codes. Support having pre-season meetings for coaches, players and parents wherein values and expectations of the district and school are "spelled out."
5. Emphasize in all communications directed to students and parents the importance of character, ethics and sportsmanship.
6. Ensure that the "message" communicated to all students, parents and the community is that the first priority of the student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
7. Ensure that the pressure to win is not placed above education, character development, academic, social, emotional, physical and ethical well-being of the student-athlete. No one should be allowed to compromise the character development, and ethical well being of the student-athletes in order to win.
8. Ensure that the student body model respectful behavior and demand that students refrain from disrespectful conduct, including verbal abuse of opponents and officials, profane and belligerent trash- talking, taunting and inappropriate celebrations at athletic contests.
9. Safeguard the integrity of the school by continually monitoring to ensure that no undue interference or influence of commercial interest or inappropriate exploitation of the school's name or reputation. This should include avoiding undue financial dependency on particular companies or sponsors.
10. Always reinforce that the profession of coaching is a profession of teaching. Ensure that in addition to teaching the mental and physical dimensions of their sports and activities, all staff members shall through words and examples; strive to build character of their students by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens. Seek ways to honor and reinforce good coaching.

# Pregame Sportsmanship Statements

## PRE-GAME SPORTSMANSHIP STATEMENT SCRIPT

## [Sportsmanship Course](#)

*(Home team student/athlete):*

"Hello! My name is: (name) from (home school) High School and this is (name of visiting school representative) from (name of visiting school). On behalf of (home school) High School, I would like to welcome (name of visiting school representative) and the rest of the students, coaches and fans from (visiting school) to (name of the facility) for tonight's game. Together we are here to remind everyone that both of these teams have worked equally hard in preparation for tonight's game and both deserve your vigorous support and respect."

*(Visiting student/athlete):*

"The students of our two schools enthusiastically support the Principles of 'Pursuing Victory with Honor' and we request that all cheering be done in a positive and respectful manner. As well, we do not consider berating or disrespecting your opponents or the game officials as being 'classy', 'funny' or 'cool' behavior."

*(Home team student/athlete):*

"Please remember that this game is for us, the students of both (home school) and (visiting school). Please allow everyone here to experience the real fun and enjoyment of high school (sport being played)."

**Thank you!"**

CIF Central Section

# Pregame Sportsmanship Statements

## PRE-GAME SPORTSMANSHIP STATEMENT SCRIPT

*(Home team student/athlete):*

"We would like to welcome all of you to tonight's game and thanks for support high school athletics. The athletes playing tonight from both teams have worked very hard and appreciate your support and encouragement. In the spirit of 'Honoring the Game' we ask that you review the code of good sportsmanship"

*(Visiting student/athlete):*

"What is sportsmanship? A true sportsman is a person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness and respect."

*(Home team student/athlete):*

"We the players and coaches of \_(home school)\_ High School and \_(name of visiting school)\_, as well as the cheerleaders, parents and spectators are expected to respect these values of sportsmanship and are encouraged to help us eliminate all possibilities which threaten them."

*(Visiting student/athlete):*

"We all need to show courtesy, acceptance and understanding towards each other remembering that this athletic contest is 'only a game' and not a matter of life and death for the players and coaches."

*(Home team student/athlete):*

"Together we can be a part of a much needed message sent throughout our communities that interscholastic athletics promotes and develops lifetime values when fueled by good sportsmanship. Together we all win!"

*(Visiting student/athlete):*

"The following behaviors are unacceptable at all CIF/CCS contests:

- Berating your opponents players or mascot
- Obscene cheers or gestures
- Negative signs or posters
- Artificial noise makers
- Complaining about the official's calls either verbally or by way of negative gestures

Thank you!"

CIF Central Section

How do you want your school seen?

Racism at a south Orange County high school? Not much has changed there

**Alleged racist incidents at Aliso Niguel High School are a reflection of nationwide polarization and division**

[news report](#)

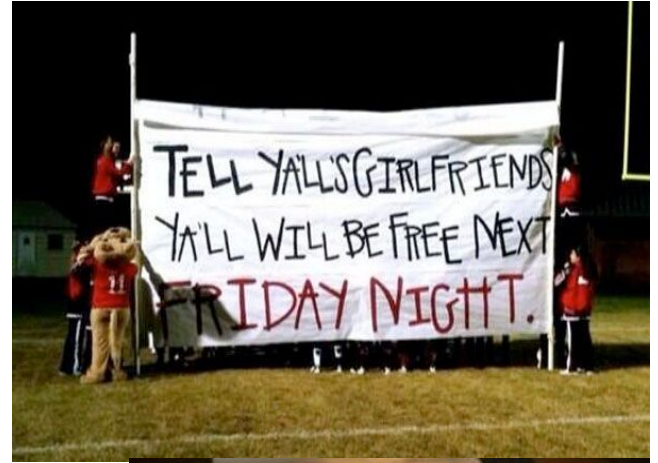
[news report 2](#)

# Posters at Athletic Contests



Posters should only support your school. Never put up posters putting your opponent down.  
Stay away from political posters





# Dress Up Days

- Beginning of the year we write a whole list of dress up days
- Every Friday Wear your School Color



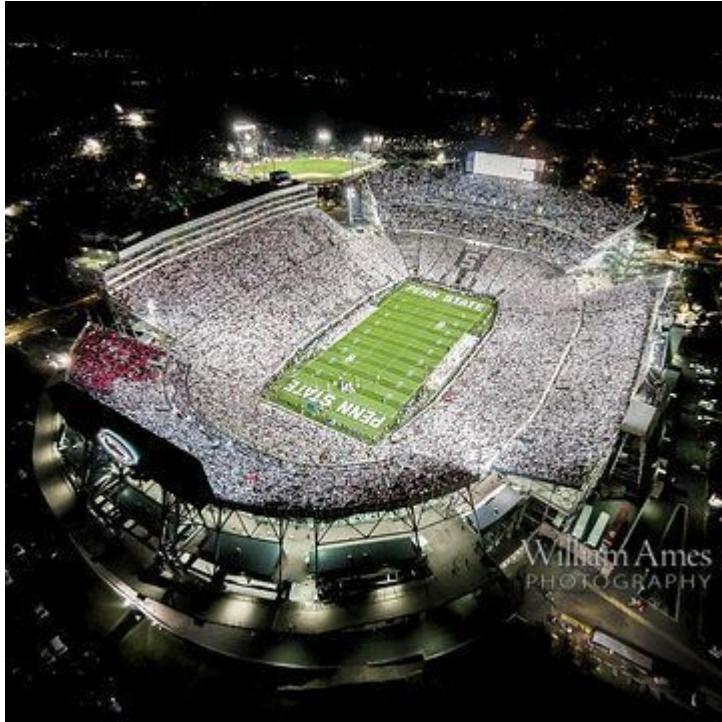
# Homecoming Games

- King and Queen Announcement
- Top 20 Most inspirational Teachers
- Grand Marshals
- Floats
- Cars or golf carts for Court



# Create a College Atmosphere

White out- Penn State



# CREATING SPIRIT AT YOUR SCHOOL

- It takes time to build and sustain traditions
- Winning teams help, but you can have fun if your team is struggling- make it an event
- Always remember to keep chants positive and “Disney rated”



# SILENT NIGHT



# PARTING THE RED SEA



# EASY CROWD CHEERS



# ROLLER COASTER

