



Showing good sportsmanship means more than just going through the handshake line after a game.

Being a good sport is something you do all the time, from pre-game to post-game to even how you act the next day in class around teammates and opponents from your sport.

While it might sound like a full-time job, showing super sportsmanship is easy if you keep the five keys of being a good sport in mind:

1. The other team is the opponent, not the enemy
2. Win or lose, commit to class
3. Cooler heads prevail
4. Arrogance is ugly
5. You cannot control a bad call

Remembering these will guarantee you are thought of positively by teammates, coaches, and opponents, regardless of how well you perform. Plus, being a good sport to others just feels great and makes playing your game even more fun.

BEING A GOOD SPORT TAKES PRACTICE *During a tough game or competition, there will be many moments that test whether you are a good sport or not.*

Instead of just hoping you can show sportsmanship in the heat of the moment, practice it now by completing the following chart. Try and go from the opening whistle to the post-game handshake by tracing through the examples of what a good sport would do, while avoiding the examples of poor sportsmanship.

Start Here!			
OPENING WHISTLE	<i>Deceive the referee on purpose</i>	<i>Show concern for an injured opponent</i>	<i>Keep trying your hardest, even if the game is out of hand</i>
<i>Recognize a good play by your opponent</i>	<i>Accept a referee's call, even if it was incorrect</i>	<i>Talk smack to the opposing team's coach</i>	<i>Stop play if someone is obviously severely injured</i>
<i>Encourage a fan holding a disrespectful sign</i>	<i>Blame others for a bad play you made</i>	<i>Thank the official after the game</i>	<i>Complain about an official after the game</i>
<i>Try and unfairly distract or trick an opponent</i>	<i>Commit a hard foul on an opponent that has been frustrating you</i>	<i>Thank fans for their support</i>	POST-GAME HANDSHAKE
			<i>You Did it!</i>