



*"Sports can provide a venue for social adjustment, character building... ultimately as a springboard to the highest values of citizenship."*

*-- American Sports Data*

#### Tips for Building Character on a Team

- Have team members sign a resolution to build good character.
- Include a discussion of each character quality before practice.
- Put reminders of character in your team space.
- Use character to redirect or encourage individual players.
- Look for opportunities to recognize players for good character in front of the team and parents.
- Get testimonials from parents, officials, or students about character.

#### Building Character in Sports

Sports is an often over-looked arena to promote good character and to build into the lives of youth lasting qualities. These character qualities will bring not only personal success in their adult lives but also great benefit to their communities.

A few of the character qualities that will enhance teamwork, as well as foster good relationships and reputation for the teams and schools they represent, are the following:

- Respect - for officials, coaches, and opponents.
- Obedience - to rules and authorities
- Determination - to do what it takes
- Perseverance - to keep going when it gets tough.
- Diligence - to be willing to work hard
- Honor - for those who deserve it, not just in athletic ability, but in character
- Deference - to other team members and to those who serve
- Generosity - to sacrificially give praise and time to other team members

These qualities are just a few that can be encouraged in sports. Taking the time from a busy training schedule to present and reward good character will pay off in harmonious teamwork, fewer missed practices, and willingness to follow the coaches and other leaders.

#### Get Involved in character building!

Check out these websites and see what you can do to bring character into our local sports.

[www.champfc.com](http://www.champfc.com)

[www.naia.cstv/championscharacter](http://www.naia.cstv/championscharacter)

**Contact us** to indicate your desire to bring character into the sports activities in our community!