

Pursuing Victory with Honor
A Sportsmanship Plan
Developed for
Cypress -Fairbanks I.S.D.



Our Goal

The value of interscholastic athletic competition is multi-faceted and includes many issues beyond the obvious thrill of victory and the agony of defeat. The concepts of teamwork, self-discipline, accepting rules, dealing with adversity, respecting your opponent, respecting the game officials and accepting their decisions, are all ideals found at the core of why interscholastic competition is so essential to the middle school and high school experience. In Cypress -Fairbanks we will continue to demand nothing less than exemplary behavior when it comes to respect and sportsmanship. Victory may, at times, be out of reach, but appropriate behavior never is.

Pursuing Victory with Honor, has been developed by the Athletic Department in Cypress Fairbanks Independent School District. Our appreciation is extended to the following resources:

- The University Interscholastic League at www.uil.utexas.edu
- National Federation of State High School Associations at www.nfhs.org
- National Interscholastic Athletic Administrator's Association
- Center for Sports Parenting at www.sportsparenting.org
- Dr. David Hoch, Athletic Director at Eastern Technical High School in Baltimore County, Md.
- Dr. Dennis Johnson, Asst. Professor of Sport Sciences at Wingate University

The Athletic Department initiated this plan to include sportsmanship education at all levels of the interscholastic athletic experience throughout the district. We are responsible for ensuring that the education of all stakeholders is provided and ongoing information is provided intermittently throughout the school year.

Unfortunately, in recent years the traditional value of sportsmanship has almost become a lost art. In the midst of all this, it seems doubly important that we recommit ourselves to guiding our youth, reminding them what sportsmanship is all about, rewarding them for demonstrating good sportsmanship and showing, by our example, that sportsmanship is still alive and valued in sports today.

It is important that all of us work consistently and tirelessly to ingrain the value of sportsmanship into our current students so they will learn to appreciate it.

Central Administration Athletic Office

The Athletic Office will:

- Establish guidelines for the district sportsmanship plan.
- Schedule meetings to discuss the plan with administrators, coaches, ticket sellers, officials and campus security.
- Prepare for distribution the *Parent Information Manual* published by the UIL.
- Establish protocol for dealing with difficult fans.
- Ensure expectations are included in all pre-season parent meetings.
- Ensure expectations are posted in the *Athletic Handbook* and team handouts.
- Prepare guidelines for Administrator on duty.
- Establish an award program to recognize schools with exemplary behavior.
- Distribute plan to the school board.
- Post plan on the district web site.

Pre-Season Meeting Head Coaches and Parents

Research indicates that both high and low achievers can be educated to explain their successes and failures in a responsible manner. If their coach is willing to teach it, all athletes can learn to attribute the outcome of their play to internal, stable, and controllable factors.

Create a Culture: Coaches must create an environment that is positive in nature. Use, “we build up, we don’t tear down” theme to eliminate the trash talking and the “blaming others” syndrome. Encourage athletes to acknowledge mistakes with a simple, “my fault,” and to compliment teammates for positive performances.

Start in the Preseason: Discussions about taking responsibility for competition successes and failures should take place during preseason team meetings. Coaches should explain how variables that lead to a win or a loss are usually within the athletes’ control. Coaches should also provide examples of what it sounds like to take responsibility for your actions.

Include Parents: At your pre-season parents’ night, in addition to introducing the team and previewing the season, discuss how you will be teaching the team to take responsibility for its performance. Ask parents to help hold their sons and daughters accountable for their actions at home as well.

Practice and Repetition: Encourage athletes to write goals for each practice and evaluate them at the end of their workout. Include a column for the athlete to explain why the goal was or was not achieved. Then require athletes to do the same prior to competitive events. In close losses, hold the athlete accountable for his/her failure. Ask them: Did they practice enough? Did they try as hard as they could have? Did they take care of their mind and body?

Train to Dominate: Do not allow student athletes to blame the referee in their failure. Talk about the things they can do to dominate, like practicing hard, becoming ultra-conditioned and practicing mental skills training.

Model It: Coaches themselves must model being responsible and explaining team wins and losses with controllable attributions. It is a coach's job to prepare a team for any unforeseen obstacles that may arise in competitions, and if they don't they should take responsibility for it.

- Pass out *Parent Information Manual*, UIL
- Discuss, "How do you conduct yourself at a contest?"
- Discuss your plan for teaching sportsmanship to athletes
- Discuss pre game and post game protocol
- Discuss, "we are about process, not product"
- Discuss, "what you can expect of me and what I expect of you"
- Review *Standards of Parent Conduct*, distribute and obtain signatures

Success of this program will depend on the level of on going education that is provided. Creating sportsmanship leaflets that can be passed out and distributed at contests by cheerleaders or student leaders is a relatively easy task. Realizing that there are some idiosyncrasies and differences among sports, the list of sportsmanship expectations at different venues will vary. These expectations can be included in your pre game announcement. Encouraging parents to visit www.sportsparenting.org is another way to provide on going education. This website is dedicated to ongoing education for a parent of an athlete. Recent publishings addressed the "*Top Ten Sports Parenting Myths*," "*What Students Hear from You: It's Your Choice*," and the "*Top 10 Rules of Parental Behavior at their Kids' Games*."

Lastly, consider showing the six minute video entitled, "What Kids Wish Their Parents Knew About Sportsmanship," produced by the Michigan High School Athletic Association. (This may be purchased for \$10 from MHSAA, 1661 Ramblewod Drive, East Lansing, Michigan 48823.)

Coaches Pre Season Meeting with Athletes Keeping Things in Perspective

Every opportunity for coaches to embrace the teachable moment is important; therefore, helping young athletes keep winning in perspective in ongoing. Often times this is an elusive trait to attain, particularly with high school students and a difficult idea to embrace. Students often place an unbalance value on winning and this can lead to problems in everyday life. What is a synonym for perspective? (Balance) Perspective involves: focusing on what you can control, making sound judgments and seeing the entire picture. What is truly necessary for success and happiness in life? How have some legendary pre game lines done nothing for the ability of students to keep things in perspective? For instance, "you are about to play _____. You will never do anything more important in your life" or what about the billboard, "you don't win silver—you lose gold." These statements could have a far reaching and even harmful impact on a student's ability to keep things in perspective.

Begin with goal setting as this is their yardstick. Have them share with their parents and discuss evaluation of these goals. Explain what your goals are as a coach and

be clear with your objectives; prepare physically, prepare mentally and prepare emotionally. As the coach:

- Explain the rules and put them in perspective....why are there rules?
- Point out that sport is a predecessor of what their adult lives will be.
- What does perspective mean to you, the coach? (Did I do my best? Did school open today? Am I still expected to go to work, pay bills...? What is the quality of my effort?)
- Keep activity in perspective and remind the student athletes regularly that academics will carry them the distance. Without dousing their spirits, remind them that six million high school students participate in sports. Of this, 400,000 go on to compete in college or about one in fifteen.
- Stress marketability and their need to look at sports as their preparation for life.
- Ask...how will you deal with success and failure?
- Be realistic about an athlete's abilities and point out what is possible with hard work. Realize that what you say in the first two minutes upon entering the locker room may be the most important.
- Point out the importance of competing against themselves, not against opponents.
- Serve as an example by your coaching. Take the opportunity in practice to point out the traits of the student who strives with all their might but lacks the skills of others.
- Practice what you preach. Never embarrass an opponent and if you were embarrassed, take that opportunity to keep that poor example in perspective. (You were not the losers today, you kept your dignity even when someone tried to take it from you)
- Sportsmanship creates the moral framework, ethical content and balanced perspective for winning and losing.
- Sportsmanship heightens the opportunities to learn important, fundamental values that foster healthy attitudes and good conduct.
- Coaches set the tone by establishing ground rules. How do I want my athletes to respond after a victory? After a loss? After an extraordinary play? When a player is hurt?
- Coaches need to take a look at their behavior. When do I pull starters in a "rout?" How do I show respect to a colleague? How committed am I to rewarding sportsmanship? How will I award athletes who are steadfast in attendance at practice?
- Teaching sportsmanship can be demonstrated in daily practice. Athletes learn that they are not rewarded for being disrespectful or violating team expectations.

Other activities that coaches can use as ongoing education for their athletes:

- Bring in an official's association to speak to athletes at a pre season meeting.
- Conduct yearly meetings with each sport.
- Create scenarios involving sportsmanship or role play actual situations for discussion.
- Post banners in or around the venue which promote sportsmanship.

Pre-Season Meeting with Officials and Security

An attempt will be made to meet with a member of each official's organization which provides their service to Cypress-Fairbanks ISD. A copy of the sportsmanship plan will be presented to them to share with their organization. A detailed protocol will explain the procedures that will be in place for the dealing with a disruptive fan and what they can expect from the administration upon their arrival on a campus. An official will be expected to:

- Accept their role in an unassuming manner.
- Maintain confidence and poise, controlling the contest from start to finish.
- Know the rules of the game thoroughly and abide by the established code of ethics.
- Publicly shake hands with coaches of both teams before the contest.
- Never exhibit emotions or argue with participants or coaches when enforcing rules.
- When watching a game as a spectator, give the officials the same respect you expect to receive when working a contest.

A meeting with the Security Department will also render a copy of the sportsmanship plan to share with officers who provide service. As well, a detailed protocol will explain the procedure in place for dealing with fans that are disruptive and possible removal from a venue.

Suggested statement to be read to team captains before each game:

The Cypress-Fairbanks Athletic Department requires officials to enforce all rules regarding unsportsmanlike conduct by players and coaches. Specifically, trash talking, taunting, baiting, demeaning celebrations, and vulgar or profane language may be penalized without warning. Fighting or other malicious conduct will result in an ejection. If any coach protests a penalty for unsportsmanlike conduct, he or she is subject to being ejected from the contest. We have been instructed that it is not necessary to issue warnings during the contest. It is strongly suggested that you remind your participants of this policy.

Pre-Season Meeting with Cheerleaders

Cheerleaders will be expected to:

- Understand the seriousness and responsibility of their role, and the privilege of representing their school and the community.
- Treat opposing cheerleaders the way you would like to be treated, as a guest or friend.
- Establish standards of desirable behavior for the squad and attempt to transfer that to your spectators.
- Select positive cheers that praise your team without antagonizing the opponents.

Campus Protocol

- Post sportsmanship signage at ticket table and locations near venues.
- Ensure that the pre-game sportsmanship statement is read.
- Ensure that there is **no re entry** to the venue once a fan leaves the site.
- The Administrator in Charge reviews the sportsmanship expectations with security and officials.
- When a fan violates the sportsmanship expectations:
 - a. Approach fan and remind them of signage. Be certain to remind them that their continued behavior will result in removal.
 - b. With the assistance of security, remove fan that continues to violate expectations for remainder of the contest. The coach or administrator should conduct a follow up phone call to the fan reminding them of the expectations and or send a warning letter. (See example)
 - c. Contact the Athletic Office immediately regarding the problem.
 - d. Should the same fan continue their behavior during the next play date, remove immediately as above and set a time and date for a conference with the Principal. This meeting should be followed with a letter to the parent specifying the length of removal for future play dates. (See example)
- Should an official approach an Administrator in Charge and request that a fan be removed, this should be acted on immediately. After the contest, the official should give a clear verbal or written account of the incident. It would be in the best interest of the campus to place this information in a letter addressed to the fan. Future incidences could result in removal for a specified length of time. In this case, follow protocol as stated above.

Pre Game Sportsmanship Statement

Because crowds grow accustomed to these types of public addresses and do not pay attention or hear the message, change the format of the presentation from time to time. Have a variety of individuals read the creed from the middle of the gym or field maintaining eye contact with the crowd. Presenters may include:

- Coaches
- Athletes
- Cheerleaders
- Student leaders
- Administrators and teachers

Post Game Procedure

Many times following a close, hard-fought, emotional game, fans will rush the floor immediately when the horn sounds. Common courtesy demands players and coaches are provided an opportunity to shake hands, exchange good wishes and the losing team be allowed to retreat to the locker room. Security and administrators should ensure that no one enters the court or field after a contest and that officials are escorted to the dressing rooms and/or vehicles if necessary.

Consistency Produces Conformity

It is imperative that we strive to provide a level playing field for all contests. Certainly, there is more pressure on the host school to make its venue a hospitable site, but the visiting schools may not wash their hands of all responsibility. It is an obligatory responsibility of all participating schools for contest to be conducted in a cooperative, positive manner; therefore:

- Post all signs
- Read the sportsmanship statement at all contests
- Follow campus protocol for dealing with difficult fans.

Game Administrator

Constitution and Contest Rules

Section 1208 (h)

The responsibilities of the game administrator are as follows:

- See that officials are directed to their dressing room
- Meet with the officials prior to game time (preferably on the playing field or court)
- Inform the officials where the game administrator will be seated
- Assist the officials if they need to discourage unsportsmanlike conduct of a fan, player, or coach (such as removal from the gym)
- Check with the officials after the game to see if there is any misconduct that needs to be reported
- Offer to provide an escort for the officials to their cars
- Report incidents to the appropriate school administrator (home team or visitor)
- Report severe verbal abuse or physical contact of the official and any ejections of coaches and fans to the UIL office in writing within the next two working days.

Expect and encourage management personnel, supervisors, and security personnel to avoid becoming too involved in watching the event and to be observant, active, and consistent in applying rules and procedures. Be consistent in applying policies and rules and be supportive of your management and supervisory personnel. When someone is behaving in an undesirable way, **do something about it as actions speak louder than words**. Recognize exemplary behavior, it will be noticed!

The Athletic Office should be contacted in all cases where a fan has been removed from a venue.

Here is an idea....

Establish a sports ambassador program. This group of students, coaches or campus coordinator will meet the opposing teams and escort them to their dressing room; they meet the officials and escort them to their dressing room; they tell the opposing coaches and officials that if they need ice, chalk, or towels throughout the contest, an ambassador will be there to get it for them; during timeouts and between quarters they take the officials bottled water and a clean towel; they thank the officials for coming after a game; they offer a snack from the concession stand.

This program gets more students involved in extracurricular activities and there are only two requirements....smile and have fun.

For more information on the success of this program contact Dave Beaty, Oskaloosa Athletic Director in Iowa at 515-673-4421.

- Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
- Use discretion in selecting the times to cheer. Give the opposing school the same amount of time your squad would want in performing cheers, and treat opposing players like you would treat your own team.
- Applaud during introduction of players and recognition to outstanding performances for both teams.
- Give encouragement to injured players and recognition to outstanding performances for both teams.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will make a positive impression of your squad and the community in the eyes of the officials and everyone at the event.

When to Cheer:

- As your team comes on the floor or field.
- When your own team or player makes an exceptionally fine play.
- When a substitution is made (cheer outgoing and incoming players).
- As a tribute and encouragement to an injured player of either team.
- As encouragement to your team in its drive for a score.
- As encouragement to your team in defense of its goal.

When not to Cheer:

- As team signals are being called.
- When an opposing player is injured. (Expression of pleasure over injury of an opponent is bad taste and will reflect poorly on you and your school.)
- If opposing rooting section has already started a cheer, or the opposing band is playing.
- As announcements are being made on the public address system such as the giving of lineups, etc.

Welcome to our Campus!

Attendance at interscholastic athletics is a privilege, and spectators are expected to conduct themselves in a positive, appropriate manner.

- Support your team. Do not ridicule the other team or fans
- Show respect for coaches, spectators and support groups.
- Respect the integrity and judgment of game officials.

Those who exhibit undesirable behaviors will be removed from the premises. Attendance at future contest may be prohibited if school officials feel it necessary.

We appreciate your support and positive enthusiasm.

Enjoy the game!

Pre Game Sportsmanship Statement

This statement is to be read before each contest:

**Good evening and welcome to _____ and the
contest between _____ and _____.**

**Tonight's game is being conducted according to the rules and
regulations of the University Interscholastic League. The idea of
friendly competition is the theme of interscholastic athletics.**

**Regardless of the outcome of tonight's game, all of the players have
proven their willingness to work and sacrifice in order to achieve
athletic excellence.**

**As a spectator, you are asked to consider the time and effort
put forth by all participants in tonight's activities. By your conduct,
allow these young people to feel pride in their community and schools.**

Cypress Fairbanks Athletic Department

Sportsmanship Standards

Parent Expectations

Youth sports are for the players. All parents associated with Cypress-Fairbanks I.S.D. are welcome to share in the pleasure of watching their children participate so long as their behavior does not distract the players and officials from the free flow of play. Any issues a parent may have with any coach, official or player should be submitted in writing to the school athletic office and addressed at a proper time and place, not on the field or during a game.

A parent should:

- Make no remarks to referees or to the players, coaches or spectators of the opposing team unless intended to convey genuine interest, friendship or encouragement.
- Avoid sharp remarks directed to players on your own team who make mistakes on the field. They already know what they have done. Allow them to learn from their mistakes.
- Applaud superior play by both teams.
- Support coaches consistently regardless of the result on the court or field. Coaches contribute many hours of their time to your children. They deserve your congratulations when the team wins and your encouragement when it doesn't.
- Always remain in the spectator area.

Your cooperation with these standards before, during and after each game will make CFISD athletics more enjoyable for everyone.

A parent must:

- Never use foul language or obscene gestures at a game.
- Avoid persistent comments and gestures which express disagreement with referee decisions.
- Cooperate immediately with any request by the game officials.

Any parent who fails to adhere to these standards will be required to leave the playing area. CFISD reserves the right to suspend any spectator who does not abide by the rules of the sportsmanship plan. This policy applies to everyone. Please confirm that you have read these standards by signing below and returning one copy to your coach.

Student Athlete_____

Parent Signature_____

Parent Signature_____