



Champions of Character Core Value Activities

Integrity

WHAT IS IT? Know and Do What is Right

What are the issues in today's sports society regarding Integrity?



Integrity Activity

Activity: Integrity can be defined as the ability to know and do what is right. Read the following story and provide the information requested in the space below.

A true story on integrity.

As a high school coach, I did all I could to help my boys win their games. A dramatic incident, however, following a game in which I officiated as a referee, changed my perspective on victories and defeats.

I was refereeing a league championship basketball game in New Rochelle, New York, between New Rochelle and Yonkers High. New Rochelle was coached by Dan O'Brien, and Yonkers High was coached by Les Beck. The gym was crowded to capacity, and the volume of noise made it impossible to hear. The game was well played and closely contested. Yonkers was leading by one point with less than 30 seconds left to play. Yonkers, in possession of the ball, passed off-shot-missed. New Rochelle recovered - pushed the ball up the court and shot.

The ball rolled tantalizingly around the rim and off. New Rochelle, the home team, recovered the ball and tapped it in for what looked like a victory. The commotion was deafening. I glanced at the clock and saw that the game was over. I checked with the other official, but he could not help me. Still seeking help in this bedlam, I approached the timekeeper, a young man of 17 or so. He said, "Mr. Corvino, the buzzer went off as the ball rolled off the rim, before the final tap in was made." I was in the unbelievable position of having to tell Coach O'Brien the sad news.

"Dan," I said, "time ran out before the final basket was tapped in. Yonkers won the game." His face clouded over. The young timekeeper came up. He said, "I'm sorry, DAD. The time ran out before the final basket." Suddenly, like the sun coming out from behind a cloud, Coach O'Brien's face lit up. He said, "That's okay, Joe. You did what you had to do. I'm proud of you." Turning to me, he said, "Al, I want you to meet my son, Joe." The two of them walked off the court together, the coach's arm around the son's shoulder.

As an athlete, coach or parent, describe a situation in which you demonstrated integrity. Be ready to share your answer.



Integrity Quotes

You can preach a better sermon with your life than with your lips.

— Oliver Goldsmith, English author (1728-1774)

Everyone thinks of changing the world, but no one thinks of changing himself.

— Count Leo Tolstoy, Russian novelist (1828-1910)

To be nobody-but-yourself—in a world which is doing its best, night and day, to make you everybody else—means to fight the hardest battle which any human being can fight; and never stop fighting.

— E. E. Cummings, poet, artist, playwright and novelist (1894-1962)

Do what you want to do...But want to do what you are doing.

Be what you want to be...But want to be what you are.

— Unknown

Know thyself.

— Inscription at the Oracle of Delphi in ancient Greece

Be as you wish to seem.

— Socrates, Greek philosopher (c. 470-399 B.C.)

Be honorable yourself if you wish to associate with honorable people.

— Welsh proverb

It is better to be hated for what you are than to be loved for what you are not.

— Andre Gide, French author (1869-1951)

A man cannot be comfortable without his own approval.

— Mark Twain (Samuel Clemens), American humorist, author and journalist (1835-1910)

Whoever fights monsters should see to it that in the process he does not become a monster.

— Friedrich Nietzsche, German philosopher (1844-1900)

Ask yourself is it right or wrong and act accordingly.

-Otto Graham, Jr.



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Respect

WHAT IS IT? Treating others in a way that you would want to be treated

What are the issues in today's sports society regarding Respect?



Respect Activity

Activity: R-E-S-P-E-C-T Find out what it means

Respect is treating others the way you want to be treated. Please read the story out loud and ask the group to answer the questions that follow.

Sitting in the gym one day were three athletes. Their names were Talent, the second was Xs & Os and the third was Respect.

When it came time to part ways.... Talent got up and said "I'm leaving, if you need to find me, I'll be with the athletes"

Then X's & O's got up and said " I am leaving too, if you need to find me, I will be with the coaches"

Respect got up and said "I'm leaving, once I'm gone, you'll never be able to find me again"

It's a little story but it goes a long way in developing character driven athletics.

Explain what you believe to be the moral of this story?

As a coach, parent, athlete how do you demonstrate respect in the context of athletics?



Respect Quotes

The words you speak today should be soft and tender ... for tomorrow you may have to eat them.

— Unknown

Never look down on anybody unless you're helping him up.

— Jesse Jackson,

I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being.

— Jackie Robinson

Men are respectable only as they respect.

— Ralph Waldo Emerson

He who wants a rose must respect the thorn.

— Persian Proverb

Being brilliant is no great feat if you respect nothing.

— Johann Wolfgang von Goethe

He who does not have the courage to speak up for his rights cannot earn the respect of others.

— Rene G. Torres

Respect is love in plain clothes.

— Frankie Byrne



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Responsibility

WHAT IS IT? Embracing Opportunities to Contribute

What are the issues in today's sports society regarding Responsibility?



Responsibility Activity

“ Giving Calhoun the Ball: by Brian Cavanaugh

Responsibility is embracing the opportunities to contribute.

Read the following short story and answer the questions that follow.

There once was an important football game between two teams. One team was much larger than the other. The larger team was dominating the game and beating the smaller team. The coach for the smaller team saw that his team was not able to contain or block the larger team. So his only hope was to call the plays that went to Calhoun, the fastest back in the arena who could easily outrun the larger players once he broke free. The coach talked with his quarterback about giving the ball to Calhoun and letting him run with it. The first play the coach was excited, but Calhoun did not get the ball. The second play was again signaled for Calhoun, but once again Calhoun did not get the ball. Now the game was in the final seconds with the smaller team's only hope being for Calhoun to break free and score the winning touchdown. The third play and again Calhoun did not get the ball. The coach was very upset so he sent in the play again for the fourth and final play. The ball was snapped and the quarterback was sacked, ending the game.

The coach was furious as he confronted the quarterback: "I told you four times to give the ball to Calhoun and now we've lost the game."

The quarterback stood tall and told the coach, "Four times I called the play to give the ball to Calhoun. The problem was that Calhoun did not want the ball."

As a coach, parent or athlete you have a responsibility to take the ball and run with it. What is your responsibility in regards to the following?

Academics

Attendance

Behavior

Modeling



Responsibility Quotes

You can't escape the responsibility of tomorrow by evading it today.

— Abraham Lincoln

I am only one, but still, I am one. I cannot do everything but I can do something. And, because I cannot do everything, I will not refuse to do what I can.

— Edward Everett Hale

It is better to light a candle than to curse the darkness.

— Chinese proverb

Our duty is to be useful, not according to our desires, but according to our powers."

— Henri F. Amiel,

The question for each man to settle is not what he would do if he had the means, time, influence and educational advantages, but what he will do with the things he has.

— Hamilton Wright Mabee

I long to accomplish some great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.

— Helen Keller

Each of us is affected by what happens to the other. Just as our movement interact on the field, so our lives interact to a certain degree. This is what is so great about being a member of a team.

— Eric Lund

Competitive sports are played mainly on a five-and-a-half inch court, the space between your ears.

— Bobby Jones



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Sportsmanship

WHAT IS IT? Bringing your best to all competition

What are the issues in today's sports society regarding Sportsmanship?



Sportsmanship Activity

By Bruce Brown

Sportsmanship is bringing your best to all competitions. During athletic events there are five roles being played out. It is the responsibility of the coach to teach, the athlete to perform, the officials to govern the contest, the spectators to cheer and the athletic director to conduct event management.

From your perspective as a coach, parent or athlete how can the following foster sportsmanship:

1. Coach

2. Athlete

3. Official

3. Spectator

3. Athletics Director



Sportsmanship Quotes

If it is a cliché to say athletics build character as well as muscle, then I subscribe to the cliché.

— Gerald Ford, U.S. President

Sports gives your life structure, discipline, and a pure fulfillment that few other areas of endeavor provide.

— Bob Cousy

One man practicing good sportsmanship is far better than 50 others preaching it.

— Knute Rockne

Football is like life. It teaches work, sacrifice, perseverance, competitive drive, selflessness, and respect for authority.

— Vince Lombardi

World War II was a must win.

— Marv Levy

Dictators lead through fear; good coaches do not.

— John Wooden

A good coach will make his players see what they can be rather than what they are.

— Ara Parseghian

The only way to prove you're a good sport is to lose.

- Ernie Banks

It is your response to winning and losing that makes you a winner or a loser.

— Harry Sheehy

Love never fails, character never quits, and dreams do come true.

— Pete Maravich

Always imitate the behavior of the winner when you lose.

— Anonymous

In golf and in life, it's the follow-through that makes the difference.

- Anonymous

Never give up, never give in, and when the upper hand is ours, may we have the ability to handle the win with the dignity that we absorbed the loss.

— Doug Williams

Sports create a bond between contemporaries that lasts a lifetime. It also gives your life structure, discipline and a genuine, sincere, pure fulfillment that few other areas of endeavor provide.

— Bob Cousy



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Servant Leadership

WHAT IS IT? Serving the common good

What are the issues in today's sports society regarding Servant Leadership?



Servant Leadership Activity

Everyone can be a servant leader and there are many ways to serve your team or organization.

List at least three ways you can serve your team your team or organization and state how your team or organization will benefit from each.

1.

2.

3.



Servant Leadership Quotes

"Good leaders must first become good servants."

— Robert Greenleaf

"Few people are successful unless other people want them to be."

— Charlie Brown

"Servant-leadership is more than a concept, it is a fact. Any great leader, by which I also mean an ethical leader of any group, will see herself or himself as a servant of that group and will act accordingly."

— M. Scott Peck

"The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant."

— Max De Pree

"The goal of many leaders is to get people to think more highly of the leader. The goal of a great leader is to help people to think more highly of themselves."

—J. Carla Nortcutt

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

—John Quincy Adams

"Being a leader who serves is very different from being a servant leader."

—Isabel O. Lopez

"To help others become something that they could never on their own become, is putting value into that other person."

—Unknown

A person who is worthy of being a leader wants power not for himself, but in order to be of service."

—U.S. Senator Sam J. Ervin Jr.

"A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves."

—Lao Tzu