



INTEGRITY • RESPECT • RESPONSIBILITY • SPORTSMANSHIP • SERVANT LEADERSHIP

Checklist for the Student/Athlete: Learning & Living the 5 Core Values with the Team

Integrity: Know & do what is right.

- BE COMMITTED:** Set high standards for your behavior & stick to them, even in difficult situations.
- BE COURAGEOUS:** Stand up for what you believe is just & good.
- BE HONEST:** Choose words & actions that are sincere, not misleading.
- BE DISCIPLINED:** Remain dedicated & self-controlled, even when challenged.
- BE RESILIENT:** Learn from mistakes & losses; seize the opportunity to improve.

Respect: Treat others the way you want to be treated.

- BE ACCEPTING:** Support everyone's worth & dignity, regardless of background, abilities or beliefs.
- BE CONSIDERATE:** Always be aware of & honor others' rights & feelings.
- BE ATTENTIVE:** Be ready to learn from coaches, officials & other contestants.
- BE ENCOURAGING:** Demonstrate concern for the growth & development of all others.
- BE APPRECIATIVE:** Value the guidance of supportive adult & student leaders.

Responsibility: Embrace opportunities to contribute.

- BE HELPFUL:** Understand & advance the group's positive goals.
- BE CONSCIENTIOUS:** Be aware & careful of the choices you make.
- BE ACCOUNTABLE:** Accept that your actions impact everyone around you.
- BE PERSEVERING:** Work through difficulty & discouragement in pursuit of individual & team objectives.
- BE RELIABLE:** Prove that others can depend on you.

Sportsmanship: Bring your best to all competition.

- BE COOPERATIVE:** Join teammates, opponents, coaches & officials in a mutual quest for excellence.
- BE FAIR:** Compete skillfully, guided by the letter & spirit of the rules.
- BE GRACIOUS:** Savor the challenge of a tough competitor & meet it with your finest performance, win or lose.
- BE HONORABLE:** Respect the game & everyone's contributions.
- BE HUMBLE:** Take success in stride – share the credit.

Servant Leadership: Serve the common good.

- BE EMPOWERING:** Inspire & help others to grow, succeed & lead.
- BE VISIONARY:** Raise expectations for yourself & the team.
- BE INTERCONNECTED:** Recognize the vital link between individual effort & group achievement.
- BE GENEROUS:** Freely contribute hard work & support to reach the team's goals.
- BE ENERGETIC:** Initiate action - do what needs to be done.