

ISSUED NOVEMBER, 2005

**DARCY TESSMAN, MA.**  
*Assistant Agent, 4-H  
Development, Cochise  
County*

**JEANMARIE KEIM, PH.D**  
*Senior Lecturer,  
UA South*

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az1367b.pdf](http://cals.arizona.edu/pubs/family/az1367b.pdf)

This information  
has been reviewed by  
university faculty.

## Respect

Treating teammates and competitors with respect poses a challenge to many athletes. This is particularly important in regard to players who are less skilled. It is also challenging to treat competitors with respect if they are not playing fairly or treating us with respect.

**Game:** Copy Talk<sup>b</sup>

**Group size:** 10-50

**Time:** 6 minutes; 1 minute to review rules, 3 minutes to play, 2 minutes to debrief participants

**Supplies:** none

**Setting:** Gym or field

**Goal:** Build an understanding of respect.

## Teach

- Establish pairs.
- One person in the pair tells his/her partner his/her most exciting life adventure. As the person is talking, the other person in the pair repeats every word as quickly as possible. After a minute or two, switch roles.
- Objective: Understanding the importance of respect and that everyone wants to be heard

Debrief participants:

- When you were talking, was it easy to talk when someone else was talking at the same time?
- Did you find yourself hesitating?
- What is it like to try and copy the talker? Did it interfere with your comprehension?
- How does this activity relate to respect?

## Enforce

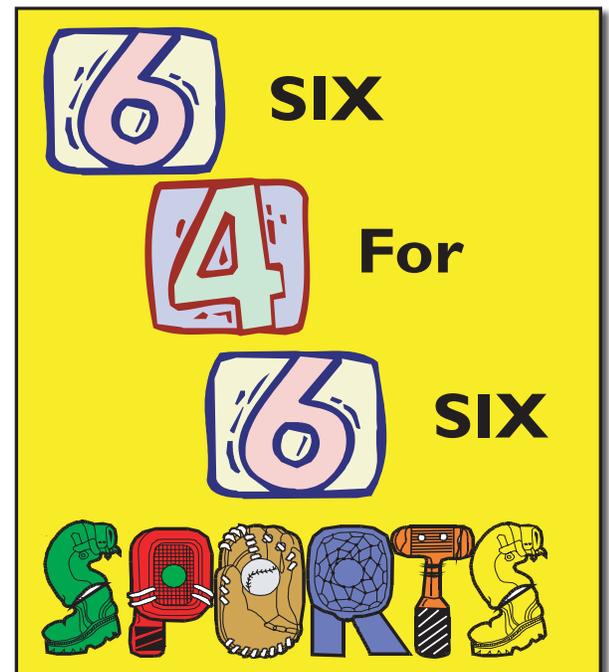
- Have players commit to acting with respect and sportsmanship.
- Review with players before games that you expect them to demonstrate respectfulness and sportsmanship during the game.

## Advocate

- Point out when you see respectful behavior during practice.
- Communicate with parents when athletes are demonstrating sportsmanship and when they are not.

## Model

- Model respect in your interactions with players, coaches, referees, and parents.
- Model sportsmanship during practice and games.



## Activities to Build Respect

- All Talk<sup>b</sup>. Everyone stands in a circle facing counter clockwise. All at the same time, everyone tells the person in front of them about their favorite memory. Debrief: Does anyone remember what was said to them? Is it hard to talk to a person's back? What would have been a more respectful way to do this?
- Target practice. Each person takes two turns throwing the throwable into the target. During the first throw, the other players boo and hiss. During the second throw, the other players make supportive comments.
- Debrief participants:
  - Which was more respectful?
  - How did the supportive comments impact their performance?

## The 6 Pillars Of Character<sup>a</sup>

**TRUSTWORTHINESS:** Be honest. Don't deceive, cheat or steal. Be reliable—do what you say you'll do. Have the courage to do the right thing. Build a good reputation. Be loyal—stand by your family, friends, team, and country.

**RESPECT:** Treat others with respect; follow the Golden Rule. Be tolerant of differences. Use good manners and sportsmanship, not bad language or "trash talk." Be considerate of the feelings of others. Don't threaten, hit or hurt anyone. Deal peacefully with anger, insults and disagreements.

**RESPONSIBILITY:** Do what you are supposed to do. Persevere: keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act. Consider the consequences. Be accountable for your choices.

**FAIRNESS:** Play by the rules. Take turns and share. Be open-minded; listen to others. Don't take advantage of others. Don't blame others carelessly

**CARING:** Be kind. Be compassionate and show you care. Express gratitude; thank coaches and officials. Forgive others. Help people in need.

**CITIZENSHIP:** Do your share to make your school and community better. Cooperate. Stay informed; vote. Be a good teammate. Obey laws and rules. Respect authority.

## Thoughts for the Day

"Nobody will think you're somebody if you don't think so yourself." African-American proverb

"Most people run a race to see who is fastest. I run a race to see who has the most guts." Steve Prefontaine

"The most important lesson I've learned from sports is how to be not only a gracious winner, but a good loser as well. Not everyone wins all the time; as a matter of fact, no one wins all the time. Winning is the easy part, losing is really tough. But, you learn more from one loss than you do from a million wins. You learn a lot about sportsmanship. I mean, it's really tough to shake the hand of someone who just beat you, and it's even harder to do it with a smile. If you can learn to do this and push through that pain, you will remember what that moment is like the next time you win and have a better sense of how those competitors around you feel. This experience will teach you a lot on and off the field!" Amy Van Dyken

a. Nish, S.(ed.) (2001). Good Ideas to Help Young People Develop Good Character (3rd ed). Ca: Joseph and Edna Josephson Institute of Ethics.

b. Fark, J.V. Together Everyone Achieves More: Challenge Adventure Initiatives. Ohio: Marion County Extension Agent.

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Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture, The University of Arizona.

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