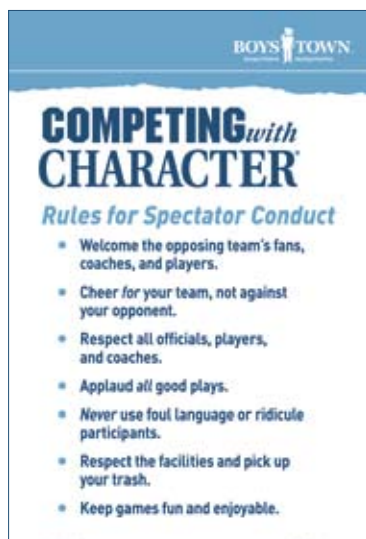


### SKILLS FOR PLAYERS WORK WHEN THEY ARE:

- Deemed important by the organization. Youth sports leaders must make a commitment to train, implement, promote and evaluate this skill-based program at all levels (athletes, parents and coaches) in order for it to be effective and successful.
- Taught by coaches. Coaches must incorporate skills into their teaching and make character lessons a goal and priority during practices and games.
- Supported by parents. Parents can provide support by reinforcing skills and character lessons both in the sports setting and at home.

### ROLES OF A COACH

- **Teacher** of sports and life skills
- **Mentor** in how to bring skills and lessons learned to the sports setting and to other parts of life
- **Role Model** for how to compete with character

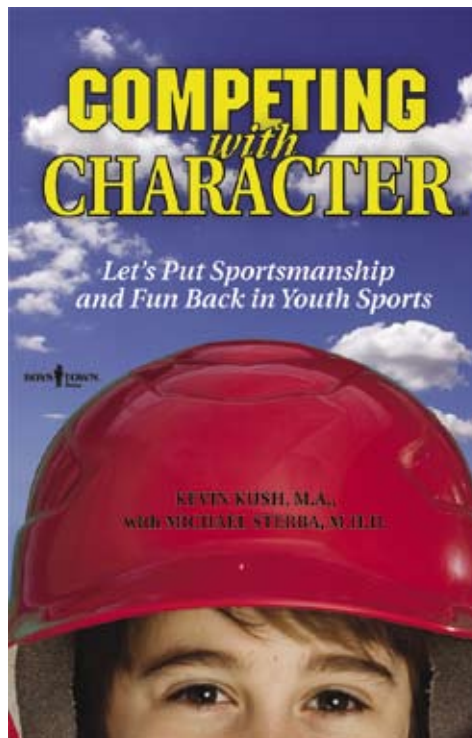


### “COMPETING WITH CHARACTER®”

by Kevin Kush

available on

[www.boystownpress.org](http://www.boystownpress.org)



For more information on this or other training programs and books from Boys Town, call 1-800-545-5771

# COMPETING *with* CHARACTER®



Presented by  
**Coach Kevin Kush**

### COMPETING WITH CHARACTER:

- Enhances youth sports programs
- Offers “**skills**” for players, coaches and parents
- Stresses **fun, competition, sportsmanship, character development and life skills**



## WHY KIDS PARTICIPATE IN YOUTH SPORTS...

- To have **fun**
- To be with **friends** and make new ones
- To improve their **fitness** level and learn how to live a healthy lifestyle
- To **participate** and be “part of” a group or team
- To learn **new skills** that help them improve in athletics and enhance character development

## PLAYING THE ODDS

**41 million** boys and girls participate in organized youth sports each year. *(Source: National Council of Youth Sports)*

**More than 70 percent** of the boys and girls who play organized sports in elementary school will quit before high school. *(Source: The Institute for the Study of Youth Sports at Michigan State University)*

**Less than 126,000 of the 7 million** boys and girls who play high school sports will receive either a partial or full scholarship to play college sports. *(Source: The Citizenship Through Sport Alliance)*

The likelihood of a high school athlete becoming a pro player is 1 in 1,250 for football, 1 in 3,300 for men’s basketball and 1 in 5,000 for women’s basketball. *(Source: NCAA)*

## WE MUST...

- Create an environment where character is a priority.
- Make the game fun and enjoyable for kids.
- Create an atmosphere where youth can form friendships.
- Let all kids have an opportunity to improve and participate.
- Teach girls and boys about the importance of fitness and how to live a healthy lifestyle.
- Teach youngsters important life skills they can take with them to other settings (family, friendships, school, jobs, etc.).
- Decrease bad behavior by kids, parents and coaches.
- Increase outward displays of sportsmanship and positive, supportive behavior by coaches, parents and players.
- Reduce frustration and anger.
- Make sure everyone on the team, in the organization and in the stands displays good character.

## TEACHING METHODS

**“Catch ’em Being Good!”** Always look for opportunities to praise and reinforce young people when they do the right thing, take the right action or make good decisions.

**Correct Misbehavior.** When kids mess up, tell them exactly what they did wrong and exactly what to do right the next time.

**Be Proactive.** Teach and review skills with kids ahead of time, before they have to use those skills.

## SKILLS FOR PARENTS

1. Have Your Child Be on Time with Proper Equipment
2. Support the Coaches
3. Voice Concerns Appropriately
4. Praise and Compliment Your Child Rather than Criticize
5. Model Appropriate Behavior at Athletic Contests
6. Emphasize Effort and Enjoyment over Winning
7. Problem-Solve Issues Your Child Has with Coaches

## SKILLS FOR PARENTS WORK WHEN THEY ARE:

- Deemed important by the organization. Youth sports leaders must make a commitment to teach, implement, promote and evaluate this skill-based program with all involved (athletes, parents and coaches) in order for it to be effective and successful.
- Modeled and reinforced by parents.

## SKILLS FOR PLAYERS

1. Listen to Your Coaches
2. Follow Coaches’ Instructions
3. Accept Coaching
4. Get Along with Your Teammates
5. Have High Energy
6. Respect Your Opponents
7. Be Prepared for Practices and Games
8. Win with Class and Lose with Dignity
9. Handle Disappointment and Adversity Appropriately
10. Respect Facilities and Equipment