



## **RESPECT**

### **What is Respect?**

#### **Having regard for others**

That means accepting that other people are different but just as important as you feel you are.

#### **Having a proper respect for yourself**

That means that you stand up for yourself and don't let yourself be talked into doing stuff that you know is ethically wrong or makes you feel uncomfortable.

#### **Not interfering with others or their property**

#### **To consider something worthy of high regard**

That really means taking all other character values and living them.

### **Why is Respect Important?**

In our world, at home, school, or in your team, respect is a foundational character trait that promotes everyone to work together. In organized sports, head coaches, assistant coaches, players, volunteers and all supporting staff, all have their role to fulfill. Respect for their role is critical to have in a highly functioning team. This allows each role to fulfill their responsibility and achieved success. Without respect, it is harder to be successful.

### **Examples of how to show Respect at Practice and during Games**

- Use Encouraging words to teammates
- Encourage others to be respectful
- Respond to coaches and adults with "Yes Coach" "Yes Sir or Ma'am"
- Listen and Pay Attention to Coaches
- Take Care of your equipment-uniforms
- Wear Maroon and Gold Proudly

### **Examples of how to show disrespect?**

- Embarrass teammates when they make a mistake
- Insult teammates
- Not listen to coaches
- Disruptive during practice
- Littering Stadium and Practice Fields
- Arguing with Coaches and Referees