



Checklist for the Coach: Teaching and 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.

