



VASHON AQUATIC CLUB
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SPORTSMANSHIP

Sportsmanship is something that is important in everything we do. What is a "good sport"? A good sport is a person who practices a sport and behaves generously in defeat or victory.

Examples of being a good sport:

1. A good sport plays by the rules. *All games and activities have special instructions and rules. If you are a good sport always follow the rules, and people will like to play with you.*
2. Good sports are willing to try something new. *Your friends may want to try something a new game or activity and you may be nervous. You can be a good sport by giving it a try.*
3. Being a good sport means being a good winner and loser. *If you lose a game, you should congratulate the winner. When you win, try to say something kind to the loser. That way everyone feels good.*
4. Good sports can laugh at themselves. *Sometimes things may not go as you expected. Learning to laugh at your mistakes shows you're a good sport.*
5. Good sports look on the positive side of things. *Part of being a good sport is being cheerful when you are sick or unable to do everything you want to do. Remember that there are many good things to be happy about in your life. How many can you think of right now?*
6. Being a good sport means sharing in friends' successes. *When your friends do well at something, you should be happy for them.*
7. If you are a good sport, you are willing to change your plans when things go wrong. *Unexpected things sometimes happen that may seem to ruin your plans. Be a good sport and use your imagination to find something else you can do and enjoy.*
8. Good sports understand that they cannot always have everything their way. *If you are a good sport you don't have to have your own way all the time. A good sport is flexible and open-minded and willing to accept a friend's decision.*
9. Everyone likes a good sport. *Being a good sport means finding ways to help others have a good time - and joining in. You can be a good sport no matter what age you are.*
10. Show younger children how to be good sports by being a good example. *Younger swimmers often want to give up when they run into difficulties. You can show them how to be a good sport by helping and encouraging them.*
11. *People who are good sports are more fun to live, work and play with.*



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Sportsmanship Activity

Get into groups and do some role-playing.

Role-Playing Hints:

Throw out lots of ideas. Role play both a positive and negative leader in each situation. The “class clown” will enjoy playing the negative role. Use Props to give the swimmers more ideas. (ie: a stopwatch for the “coach,” kickboards or pull buoys, hats, t-shirts, balls, a pair of sunglasses, etc. anything that takes the focus off of the less outgoing child and puts the focus on the prop or the role being played.)

Following are possible situations to role-play.

Try to show how both a “good sport” and a “poor sport” would act:

- 1. The coach says the entire group has to do a set over again because some of the swimmers were not doing it right.*
- 2. Your best friend just beat you in your favorite race.*
- 3. Your team won a close meet over your biggest rival.*
- 4. Your team lost a close meet to your biggest rival.*
- 5. You got disqualified in your championship meet.*
- 6. You have been working hard all season and then you do not swim well in your “big” meet. You are really upset.*
- 7. The coach asks everyone to pick up equipment, and some kids just run to the locker room.*
- 8. A swimmer you do not like says “I’m going to beat you today.”*
- 9. You finally beat your biggest rival, who is someone you don’t really like.*
- 10. Your parent criticizes your race.*