

# Points of Emphasis

2022-2023

## SPORTSMANSHIP

*Before, During, & After a Contest*

### What is Sportsmanship?

- A commitment to fair play, ethical behavior, and integrity (NFHS).
- A commitment to maintain composure and respect towards opponents, officials, and staff in tense environments.
- A commitment to teaching and enforcing clear behavior expectations before, during and after contests.

### Why is Sportsmanship important?

- Because it teaches life lessons of character, teamwork, and overcoming adversity.
- Because maintaining it - especially in challenging environments - sets the standard for how we all deserve to be treated.

### How do I exhibit Sportsmanship?

<b>Before a Contest</b>	<b>During a Contest</b>	<b>After a Contest</b>
<ul style="list-style-type: none"><li>• Coaches are expected to teach their team how to execute all aspects of participation in a contest - bus behaviors, arrival and departure procedures, team movement, interaction with others, etc.</li><li>• Athletic department expectations for these areas will be communicated by school leadership and must be taught to teams by our coaches.</li></ul>	<ul style="list-style-type: none"><li>• Be respectful of the opposing team and staff.</li><li>• Cheer positively for your team.</li><li>• Do not cheer/chant negatively.</li><li>• Be respectful of the officials, understanding that everyone is human and makes mistakes, including you!</li><li>• Stay with your team and be an active presence.</li></ul>	<ul style="list-style-type: none"><li>• Honor and respect the effort of all involved. <i>"Win or lose, act like you have been there before."</i> -Lombardi, 1967</li><li>• Manage/temper your competitive intensity when the final whistle blows.</li><li>• Execute a respectful handshake line (coaches, ADs, event staff to monitor).</li><li>• Wait to engage with fans until after the handshake and team gathering.</li><li>• Do not invite fans on the playing surface.</li></ul>

# Points of Emphasis

2022-2023

## Mental Health Awareness

### Expectations

- Leaders in our program are asked to help the **Lift the Stigma** associated with mental health struggles by talking to teams about mental health and modeling caring, supportive, and understanding behaviors.
- Athletic success must take a back seat to mental health and team morale.
- Be aware of mental health “red flags” from student-athletes and staff.

*Excessive sleeping, Loss of interest in favorite activities, unexpected decline in academic performance, weight loss, loss of appetite, excessive worrying or fear, extreme mood changes, delusions / hallucinations, substance abuse, ideas of suicide, hyperactive behavior or routine lethargy, frequent temper tantrums, aggression or harm to self or others*

### How do I support mental health awareness?

<b>As an athletic administrator</b>	<b>As a coach</b>	<b>As a student-athlete</b>
<ul style="list-style-type: none"> <li>• Encourage and expect teams to use purposefully some practice time for team bonding activities.</li> <li>• Providing resources and AACPS policies to coaches. Crisis Support &amp; Reporting document found here - <a href="https://www.aacps.org/Page/1146">https://www.aacps.org/Page/1146</a></li> <li>• Providing professional development and guidance to recognize needed mental health interventions.</li> </ul>	<ul style="list-style-type: none"> <li>• Observe student-athlete and staff behavior.</li> <li>• Understand that team morale and mental health are an important aspect of your team's success.</li> <li>• Take time for team bonding activities.</li> <li>• Allow student-athletes and staff the opportunity to take a mental health break if needed.</li> <li>• Have purposeful mental health check-ins with student-athletes.</li> <li>• Communicate with your team the roles and responsibilities of each coach on staff.</li> <li>• Know that you do not have to be the expert if a situation arises that you are not comfortable with. Seek help from other school staff, such as school counselors. No one should feel alone, including those trying to provide support.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that you do have resources in the school system to help with mental health struggles.</li> <li>• Talk to coaches, team captains, athletic department, or school counselors if you are feeling down.</li> <li>• Be a good teammate, which includes notifying coaches if you see potential concerns with someone else.</li> </ul>