

# THE SIX PILLARS OF CHARACTER

## TRUSTWORTHINESS

- **Trustworthiness** Be worthy of trust in all you do.
- **Integrity** Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- **Honesty** Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.
- **Reliability** Fulfill commitments. Do what you say you will do.
- **Loyalty** Be loyal to the school and team; Put the interests of the team above your child's personal glory.

## RESPECT

- **Respect** Treat all people with respect at all times and require the same of your student-athletes.
- **Class** Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- **Disrespectful Conduct** Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- **Respect for Officials** Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

## RESPONSIBILITY

- **Importance of Education** Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for collegiate coaches in the recruiting process.
- **Role Modeling** Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-Control** Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- **Healthy Lifestyle** Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game** Protect the integrity of the game. Don't gamble or associate with gamblers.
- **Sexual Conduct** Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

## FAIRNESS

- **Fairness and Openness** Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

## CARING

- **Caring Environment** Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

## CITIZENSHIP

- **Spirit of the Rules** Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.