

C.H.A.N.T VOLLEYBALL RULES TO PLAY BY

Good sportsmanship is as an important part of playing sports as scoring points or winning games.

How you and your team act on the court says as much about you as an athlete as how well you can serve or spike a volleyball.

"Sports don't build character; they reveal it." – Anonymous

Be A Good Teammate and a Good Player!

Being a good sport means treating your teammates, coaches and opponents with respect.

Please memorize these and put them into practice:

- ✓ **Show up on time to practice, work hard, and listen carefully to instructions** from your coach.
- ✓ **DON'T talk** to a teammate while your coach is talking!
- ✓ **DON'T interrupt** your coach while she is talking to the team, another coach, another player, or a parent.
- ✓ **DON'T think you're a better player** than your teammates. If they make a mistake, ask yourself how you would want to be treated if that were you, because **YOU WILL** make mistakes.
 - "A team with a star player is a good team, a team without one is a **GREAT** team." -Unknown
 - "Teamwork: simply stated, it is **LESS** me and more WE." – Unknown
 - "There is no 'I' in 'TEAM'." –Unknown
 - "A successful team is a group of many hands but of one mind." -Bill Bethel
- ✓ **DON'T whine** to the coach about not starting or playing enough. If you don't think you're getting enough playing time, there is probably a good reason. Talk to your coach about what you can do to get more playing time.
 - "Failing to *prepare* is preparing to fail." -Wayne Gretzky
 - "The achievements of an organization are the results of the combined *effort* of each individual" -Vincent Lombardi
 - "I can accept failure. Everyone fails at something. I can't accept **not trying.**" -Michael Jordan
 - "It is not so important who starts the game but *who finishes it.*" -John Wooden
- ✓ **ALWAYS cheer for your teammates** - even if you're losing really bad. You may be able to inspire a big comeback!
 - "It's always too soon to quit." -Norman Vincent Peale
 - "Coming together is a beginning. Keeping together is progress. Working together is **SUCCESS!**" -Henry Ford
 - "It is literally true that you can succeed best and quickest by helping others to succeed. - Napoleon Hill
- ✓ **NEVER yell at or blame a teammate!** Instead, encourage them to do better. Think about what you could do to help your teammate make a great play! If it was your fault, own up to it and take responsibility ... you will be respected in the end!
- ✓ **NEVER lose your temper!** Whether it be that you are mad at a teammate or at yourself, always control yourself.
- ✓ **NEVER argue** with the ref. Even if they got the call totally wrong, don't worry about it. Bad calls are usually made against both sides. Let the coaches handle it!
 - "A winner never whines." -Paul Brown
 - "Every game, you have so many people watching you. You can show good sportsmanship by helping other players up, and not talking back to coaches and referees." -Kelly Fry

Remember: There is always going to be a winner AND a loser.

“It is your response to winning and losing that makes you a winner or a loser.” - Harry Sheehy

“I think sportsmanship is knowing that it is a game, and whether you win or lose, to **ALWAYS** give 100 percent.” - Sue Wicks

“You win some, you lose some. But you always try again.” - Unknown

Always be a good sport, no matter how the game ends.

If we lose ...

- Don't get mad! (There's always the next game!)
 - Don't be a whiner!
 - Don't blame it on the refs!
 - Don't blame it on your teammates!
- Don't have a bad attitude ... it's JUST a game.
- Think about what **you** can do to do play better or improve **our** game next time.

No one likes to play with a **poor loser**.

If you're a good sport, more kids will want to play with you and you'll have more fun.

If we win ...

- Don't show off
- Don't rub the other team's face in it

It's fun to celebrate a victory, but don't overdo it!

ALWAYS congratulate your opponents **and** your teammates for playing well.

Be an example to others. There is always someone watching and listening to you. We represent ourselves, the Lady Chargers, our family, and God. We want to be good role models for those around us!

Win With Style, Lose With Style