

HUMILITY

Concepts of Sportsmanship

Humility - free from pride and arrogance; comfortable in your role and, therefore, comfortable putting others ahead of yourself; always ready and willing to learn from others regardless of your success

Sportsmanship - taking a loss or defeat without complaint, a victory without boasting, and treating your opponents with fairness, generosity, and courtesy

Humility is not thinking less of yourself, it's thinking of yourself less.

- Rick Warren

SELF REFLECTION CHALLENGE

Describe an act of sportsmanship that you have witnessed.

Describe an act of un-sportsmanship like conduct they you have witnessed.

Describe what someone who is not humble might sound like.

What is the difference between pride and arrogance?

Is your program/prideful? Or boastful?

How do you feel when another team is boastful?

How can you practice humility within your own gym?

What can YOU do to contribute to being a team known for good sportsmanship?



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You

