

Trinity Sports Philosophy

As we begin another sports season at Trinity it is important to consider the kind of culture we want at our sporting events. Recently, I read a book produced by the Positive Coaching Alliance, a national organization dedicated to creating a more positive youth sports environment. It is called "Developing Better Athletes, Better People".

The book centers around the idea of making our environment a "Development Zone" as opposed to an entertainment sports culture where the scoreboard, the quality of the officiating, and whether we "won at all costs" are the most important things.

We as coaches, parents, and leaders all have important roles developing and maintaining a more positive, nurturing and fun environment. We all know how much fun it is to win and believe me, I am as competitive and enjoy winning as much as anyone else. Most of us have at times said a negative comment to an official that we shouldn't have said, or focused more on the success of our own child rather than a positive environment, or coached more to win the game than to develop our players. But if we agree to work together, and hold each other accountable, we will HONOR THE GAME and, in doing so HONOR CHRIST. Therefore, our league has adopted the theme *HONOR THE GAME, HONOR CHRIST* to set the tone for our sports environments going forward.

Here is what it means to HONOR THE GAME, HONOR CHRIST at Trinity (What we want the environment to look and sound like.)

The "Development Zone": An understanding that we have to coach, compete, parent, and cheer in a manner that is different from high school, college, and professional levels.

Coaches: Be a Double-Goal Coach

- The primary goal is teaching life lessons through sports. The secondary goal is winning the game.
- Use ROOTS to accomplish those goals.
- Rules: Don't bend the rules to win even if you can get away with it.
- Opponents: An understanding that opponents are a gift that push you to get better.
- Officials: Be THANKFUL for officials. Without people willing to do this difficult job, there is no game. Show respect even when they make a mistake. Mistakes are opportunities to learn to deal with adversity.
- Teammates: Never embarrass them on or off the court.
- Self: You "Honor the Game" by living up to the high standards set for you regardless of external pressures or other people's behavior.

Parents: Be a Primary Goal-Parents

- Primary goal parents leave the scoreboard to the coaches and athletes while focusing relentlessly on the primary goal the life lessons a child is learning through sports.
- Primary goal parents don't react negatively when officials make bad calls against their child's team because they understand and accept that the scoreboard doesn't belong to them, it belongs to the coaches and players. A missed call is an opportunity to work on resilience. THEY ARE THANKFUL FOR THE SERVICE OF THE OFFICIALS AND THEY EXPRESS THIS IN THEIR WORDS AND ACTIONS.
- Primary goal parents are their kid's biggest fans no matter how they perform and whether they win or lose the game.

Primary-Goal Parents Do's and Don'ts

- **Do's -**
 - **No Directions Cheering:** Yell cheers that start with an adjective, (positive please) not a verb. (*Great job, Nice play, Great hustle, Good try, Outstanding Effort,...*)
 - **Honor the Game:** Compliment good plays by the participants, including opponents and good calls by the officials. (*Nice play, Good shot, Good call Ref...*)
 - **Fill your child's emotional tank with encouragement.** (*You can do it, Don't give up, Way to go, It'll be ok, Way to play hard, Your team played well today...*)
- **Don'ts**
 - **Don't give directions while cheering.** (*Set it up, Dive for those, Come on, Pass it, Shoot it...*)
 - **Don't react negatively/sarcastically to calls by the officials.** (*Come on Ref, No way, That was out, That's terrible, That's a horrible call, Are you kidding me? Are you blind?...*)
 - **Don't put pressure on your child to live up to your expectations in the "Development Zone".** (*If you tried harder, What wrong with you today?*)
 - **Don't blame the coaches, officials or other players for the results on the scoreboard.** (*If he wouldn't have blown that call..., or If she would have passed better...*)

Players: Be a Triple-Impact Competitor

- They are committed to impacting their sport on three levels by: improving oneself, one's teammates and the game as a whole.
- They enjoy the challenge of competing and they can hardly wait to go to practice.
- They show respect for their opponents and officials.
- They look forward to their own "Mallory Moment".
(At a college softball game on April 26, 2008 Mallory Holtman and her teammate, Liz Wallace, carried their opponent, Sara Tucholsky, around the bases because she had injured herself as she hit a 3-run homerun. Mallory's team lost the game 42.)

"Honor the Game, Honor Christ": We honor the game by working together as coaches, players, and parents to create and maintain a positive culture that develops better athletes and better people.

These philosophies are nothing new to our school, they are philosophies that have been touched upon in our classrooms, taught in phy.ed., and part of our sports program for years. What is new is that we have never seen these ideals communicated so clearly and succinctly. We are hoping that by adopting such a clear vision for athletics and by communicating and reinforcing these concepts to our coaches, parents and players, that we will greatly improve what athletics has to offer our students. 1 Corinthians 10:31 reminds us that in what whatever we do, "*do it all for the glory of God.*" Let this be our guide as we compete in sports this year. We honor Christ our Savior when we serve one another and build each other up. Thank you for always being enthusiastic fans and players and for joining your teachers and coaches in helping Trinity develop better athletes and better people.

Thank you for your continued support of our sports program!

God's blessings,

Mr. Korth (Athletic Director)