

Philosophy of Sport

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Abstract

My coaching philosophy is very simple and concise; it's a reflection of what I have learned through playing for many different coaches. I am fortunate to be able to combine my actual experience with the knowledge about coaching nowadays. Head coach at The University of Michigan, Kevin Borseth, states "... my philosophy of coaching. In some respect, and I'll loosely use this, the animals run the zoo. I allow the players to give input. Ultimately, I'm responsible. I'm responsible for the success and failure of the program. I recognize that the players need to be responsible for the things they do. If you're going to make them responsible, you have to give them an opportunity to give feedback" (<http://www.mgoblue.com/sports/w-baskbl/spec-rel/041307aaa.html>). I played for Coach Borseth for 3 years at UWGB and will never forget how the respect and responsibility he gave me helped me be a better player on the court, and a better person off the court.

Role of Sport

I believe the role of sport is to be educational and fun. I think the role of being a coach in youth and high school athletics is first and foremost to be a teacher. Kids have a lot of learning to do at these ages. I believe that if you teach your athletes how to succeed in the game of basketball and in the game of life, winning and success of athletes will take care of itself. As a coach I want my players to have fun, and have a chance to love the sport the way that I do. I know not all will, but I don't ever want it to be because I made a bad situation for players on my team. I was blessed to have great coaches, and so many positive experiences with sports; as a coach I want to create an atmosphere where kids can foster these positive experiences.

My philosophy believes that young athletes are developed on and off the court and learn numerous life skills through their participation in athletics. Dr. Gould and Sarah Carson's (2008) research on personal development through sport states "...life skills being viewed as those internal personal assets, characteristics, and skills such as goal setting, emotional control, self-esteem, and hard work ethic that can be facilitated or developed in sport and potentially transferred for use in non-sport settings" (p 287).

As a coach I want my players to not only learn the basic or advanced sport skills they need, but the discipline, time management, self-motivation, work ethic, honesty, sacrifice, the heart break from a loss, the euphoria after big victories, self-esteem and self realization skills, that I believe kids can learn through sports. I truly believe these life skills and values will help carry them through other aspects of their lives.

I also think that health and fitness is a very important role of athletics. Through Gallon's (1974) research coaches were informed about the importance of physical fitness through sport.

He states “Helping youth understand and appreciate their bodies and the feeling of being physically fit is truly one of the unique aspects of sport participation” (Gallon as cited by Ewing, p 9).

There is an overwhelming problem with children being inactive and our youth becoming more obese (Farrey, 2008). In his book *Game ON* he goes on to state “The number of overweight kids has more than tripled since 1980, according to the CDC. Among those between 6 and 19, more than nine million kids- 18 percent- are considered obese” (p 79). I am very adamant about instilling health and physical fitness habits into my players. Not all of the children will continue on to great athletic careers, but I hope that they will all continue on with the physical fitness habits they learned from me as a coach.

I grew up playing sports in the state of Michigan. The MHSAA states many goals for their athletic participant. These include learning teamwork, to be successful, to be a good sport, to enjoy athletics, and to learn desirable health habits (<http://www.mhsaa.com/LinkClick.aspx?fileticket=xBH-ilRgsbc%3D&tabid=948>). I think this is another example of how my athletic experience and what was taught to me as a player has carried over to my own coaching philosophy.

Functions of Sport

There are many objectives and functions of sports such as health, fun, education, entertainment, and business (Gallon, 1974). For youth and high school age children participating in sport, I believe the most important objectives and there rank to be education, fun, health and entertainment.

The youth are just learning, or still refining skills at this age. They need to be taught fundamentals, skills and learn the basics about how to play the game of basketball. As mentioned above they also will learn invaluable life skills through sport as well. Next in line in youth sports has to be fun. A lot of these kids may never play again and are doing it for the experience, and that should be one that is fun. Sports are fun, and I hope my players can understand what it is to play for the love of the game!

Health and being physically fit should be an everyday life concept of our youth. I can't think of a better way to introduce this to them than through sports. If they are having fun during sport, than it is easier to imply the physical fitness to the children without it being something they don't want to do. I also believe that sports help introduce healthy lifestyle in terms of working out but also in terms of healthy eating and lifestyles. This is a very important message are youth need to learn as well and if it can be introduced through sport I believe a lot of kids take it more seriously because they want to be part of that sport world. As a coach I feel this is another important objective I want my players to learn.

One of the last functions of sport I believe to be important at this age is entertainment. I think the bottom line is that sports are entertaining. As a player I wanted to play in front of a packed gym, smell popcorn in the air and hear people cheering! That is part of what athletics is all about and think it is great when teams have a fan base and community support. The money schools can make and communities from sports team also helps a lot of local programs.

My views of these functions change once you get into major Division 1 athletics and the world of professional sports. I believe the function of sport becomes entirely different. No longer is teaching the highest priority or fun a close second behind that. I believe the functions

of sport to rank in the order of business, entertainment, health, fun/education when coaching this level of athletes.

I believe the world of sports in High Division 1 athletics and the professional world to be strictly business. I know a lot of people may not agree with this since I included college in this statement. But the bottom line is that athletes receive their scholarship and are to perform at a certain level to make the program at the University successful. Players do not get paid personally, but are compensated through scholarships. In the world of professional athletics players and coaches are paid to do their job, and that job is scoring baskets, or winning games. At the end of the day it is a business, it is a wonderful business to be in but as an athlete or coach you have to remember it is your job and it is not just for fun anymore.

Clearly in the world of college and professional athletics it is all about entertainment. Schools and teams want to bring in a lot of money through their athletic teams or professional teams. There is extensive marketing and use of athletes to capitalize the amount of money that can be made in this market. I think coaches and players have to be aware of the entertainment aspect of sport at this level.

Health is again a very important function to me, especially at the college and professional level. If athletes aren't healthy and don't have their bodies in prime physical form they cannot compete at these levels. I also believe not only the physical part of health needs to be taken into account at this level, but also the mental health of players is just as important at this level of play.

I think fun and education still serve a function at this level of athletics. I believe it is always fun for a player because they have to love the game to keep playing at these levels and

put their bodies through the strains that athletics demands in college and the professional world. I truly believe that athletics and sports will constantly teach and educate, just at this level I believe it's not the main function

Success and Role of Winning

Head basketball coach of UCLA John Wooden stated “Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming” (p89). I believe success as a coach comes when you get everything out of your players that they can give you. I think that if you can get each player to perform at the highest level they are capable of, you have succeeded as a coach.

John Wooden has also given the athletic world “The Pyramid of Success” (table 1). Wooden states that “no building is better than its structural foundations, and no man is better than his mental foundations”(p86). His pyramid is a foundation that makes for a successful athlete, both physically and mentally, when they can build a strong structure on top of this foundation. Wooden’s structure consists of cornerstones of industriousness and enthusiasm, self-control and intentness, skill and condition at the heart of the pyramid, and poise, confidence and competitiveness greatness at the pinnacle (Wooden, 2004). I believe all these elements that make up Wooden’s pyramid, are all attributes that if a coach can get out of a player, will equal success.

When I was a player I always thought that Wooden’s pyramid was very beneficial, on and off the court. Star NFL quarterback Brett Star stated in his book *A Perspective on Victory* that “Coach Wooden equates basketball to the game of life. He says you have to be unselfish, that you have to play for the good of the team, that you have to be disciplined and do what he

wants you to do as a team, that he will tolerate no individuality within the team. He wants you to play as a unit. This is really what you end up doing in life because sooner or later you end up on a team”(as cited in Wooden, 2004. p92). I wish to strive to have a positive impact on my players lives, and instill in them lessons they can take with them throughout life that I have taught them through being their coach.

The Bill of Rights of Young Athletes states that “children should be taught skills and provided opportunities to experience success” (Martens, R., & Seefeldt, V., 1979). This Bill goes on to state “Children do not have the right for success, it must be earned” (Martens, R., & Seefeldt, V., 1979). As a coach I do believe that success must be earned and it is up to me to explain what I see success as and how players and a team can be successful.

Last year I was coaching an under 12 girls basketball team at the International School of Luxembourg. At the start of the season these girls were lacking in skill and knowledge. They did not know how to dribble, shoot, what offense was, what defense was, or really know anything about the game of basketball. I started at the very basics and explained to the girls we were going to learn fundamentals, work hard and enjoy ourselves while we did so. It was a four month season and at the start my team got crushed in games that we played. I kept working on basics and about what each player needed to continue to do to make the team better.

We kept losing but I kept seeing improvement and developed skills from my girls. They went from a team of girls with no fundamentals, to a team of girls who worked every week to get better, individually and as a team. They had fun and were excited when they could correctly make a layup. We weren't winning games at this point, but for me as a coach my players

making layups was a success. By the end of the season tournament, my girls advanced all the way to the finals. These were the first games they won all season, and ended up in second place.

I have coached a lot of teams with a lot of talent, that have won championships and have had undefeated seasons; but to me this was one of my most successful teams. These little girls improved so much, and every single one of them became the best they could for their age and talent level. They were champions to me, and it was great to see how much they learned on the court and about success.

Vealey (2005) explains in chapter 2 of *Coaching for the Inner Edge* that balancing the triad of optimal performance, optimal development, and optimal experience is a critical aspect of finding success in sport (p15-16). This was the first time I had seen this triad presented in this way and it is something that I will be incorporating into my coaching philosophy. I think competition is important and athletes want to win, but winning isn't the only importance for me as a coach. This triad talks about developing players, and having enjoyable sport experiences in coherence with optimal performances (p21). I completely agree with Vealey's statement "...the point is that winning (or optimal performance) is most likely to occur when the triad is in balance!" (p17).

Legendary coach Vince Lombardi was quoted saying "Winning isn't everything, it's the only thing" (as cited in Vealey, 2005). Vealey states what he really meant to say was "Winning isn't everything-but making the effort to win is" (p16). This is exactly how I feel about winning. I think as a coach it is important to teach your athletes to want to win, and that they should work hard and try to reach their maximum potential to be able to do so. If my players are trying their

hardest, performing at the level they are capable of, and giving their best efforts I feel as if I have won as a coach, regardless of the score at the end of a game.

Gender Equity

I have personally experienced a lot with gender equity throughout my playing career. It wasn't easy for me to deal with, but I feel that it has helped me to understand how you shouldn't treat a player as a coach. I do not believe that a female has to prove her sex or gender orientation to be a part of a team, whether this is as a coach or as a player. I dealt with a lot of criticism in the world of women's basketball because I dated men. This wasn't the norm and I went through a lot of excessive running and the extremes of being benched from games because of this. I feel as long as your personal life choices do not affect your professional life, sex or gender orientation does not need to be proved

I am so happy and grateful that women's athletics has progressed to where it is today. There are so many more opportunities for female athletes nowadays than there were many years ago. Even though women's athletics don't get the same fan base, same money or recognition as our male counterparts, I think it has come a long ways and females finally have options. I think females need to keep taking advantage of all the opportunities and continue to show that female sports can be just as exciting and important as that of males. I also see no problem in a female coaching a male team. There are definitely differences to take into account between males and females, but I believe that if a woman has the desire to, she should have just as much of an opportunity to coach a men's team as a man does a women's team. Personally I have had my best playing experiences when playing for a male coach.

I do believe that it is hard for a female to have a family and continue to have the same opportunities as males do. You don't only see this in the world of coaching, but in all types of careers for women. Even with the difficulty of this, I do not think that a female coach should be looked upon differently or not hired because she is married, has children, or wants to have a family. If she is able to do all of this and coach than she should be able too. Male coaches have families and wives and very successful coaching careers. I believe that females should be given the same chances to have a successful family life and coaching career.

Equity for People of Color

I do not believe there should be racial discrimination in sports, at any level! I honestly do not see a place for it in the world of sports. I would be naïve as a coach to pretend it doesn't exist, and that everyone is treated equal despite of their skin color. As a coach I want to create an atmosphere on the court where race, skin colors and cultures do not matter. When my players step onto the court they are a team, a cohesive group of individuals striving to be better together for the team.

I truly believe sports are an area of life that can knock down racial and cultural biases, and discriminations. I only have my personal experiences to base this on, but have seen it over and over again in the world of sports. Athletes of different races and different cultures can set aside differences for the greater good of a team. They may not get along off the court, but on the court or playing field it seems to me that discriminations and differences can be set aside.

It is my opinion that as a coach of a team, the kids who deserve to play and be on the team will be; there will be no decisions based on color, or culture when it comes to choosing or playing athletes. Discrimination of any kind is not allowed with my players on the court, nor do

I expect to hear about it from them off the court. If this is expected of my players, it has to be set as an example by me as their coach. I expect my players to treat each other with respect and dignity, regardless of race or culture and hope that this lesson is taken with them to the world outside of athletics.

Cutting Players

I think it is important to give every child the chance to participate in athletics, but I do believe at a certain age cuts have to happen. There are only so many places on an athletic team. If there was a math team or competition, or a debate competition the smartest kids in math and the best debaters would be taken, no questions asked. When it comes to athletics it seems to me that people think it should be different. At a certain age the best players for the team should be selected. It's not fun to have to cut kids and there is never an easy way to tell them. I believe being honest with them about why is the best way to do so.

The International School of Luxembourg has a no cut policy in their athletic department. Athletic Director Neil Spencer states that "basically it is about participation (no cut policy), cooperation and sportsmanship." He goes on to explain the coaching philosophy at the International School as follows, "While ISL take great pride in winning and success, it does not condone "winning at any cost". ISL strongly discourages any and all pressures, which might tend to neglect good sportsmanship." (www.islux.lu).

I have been coaching at the International School of Luxembourg for the past four years and implementing this no cut policy. It has been a very challenging and rewarding system of coaching. I think it is a great policy for young children, as the no cut policy gives all children a chance to participate in athletics, have a chance to play, and a chance to take all the positive

aspects youth sports can give a young child. This sort of policy makes coaching challenging because there are so many players and so many different levels of talent to coach all at the same time.

As a coach I believe I would try to keep this idea of a no cut policy when coaching youth teams. By youth teams I mean elementary aged children and even middle school. Middle school starts getting more competitive so maybe an idea of an A and a B team would be a more likely scenario. As children get into high school I think that cuts have to start being made. It is not fair to the athletes that have put the extra work, time and dedication into excelling at a sport to keep the level of play lower because you don't cut kids. I think freshman, junior varsity and varsity teams should be made up of the kids who have earned their spot and that the coach sees as the best fit for their team.

The American Youth Basketball Tour (AYBT) tries to create opportunities for everyone. Their philosophy on sports is as follows, "The American Youth Basketball Tour is all about improving your game. We all know that you can't improve if you don't play. That's why we developed the 60/40 equal game play philosophy. 60/40 ensures that all youth basketball players get court time, and in the process, understand the importance of everyone's contribution to the team" (<http://www.aybtour.com/6040-philosophy>). This is another example I agree with of a philosophy that encourages not cutting young players, but instead keeping them engaged in basketball and a positive athletic experience.

Pay-to-Play

I do not completely agree with the idea of high school kids having to pay-to-play. I think the life lessons that sports can teach young children will help them to become stronger adults.

When children have to pay-to-play I feel as if we are charging them for this educational experience. Another reason I do not like this idea is because all children may not be in a situation where mom and dad can afford to pay for their child to play sports. I grew up with four brothers and sisters who all were heavily involved in athletics. I have to wonder if my mom and dad would have let all of us participate in so many sports if they had to pay, or if us kids would have had to pick one or two sports a child?

I also feel like the pay-to-play idea can cause problems for kids who sit on the end of the bench. If the parents of these children are paying the same amount of money for their child to play sports, than they are going to want them to play and not stay on the bench. This could cause more problems for coaches with parents and difficult team dynamics.

I think that if children have to pay-to-play, than they should also have to pay for band, choir, debate team, and any other extra-curricular school activities . I don't think this concept can be limited just to athletics. I understand that budgets are becoming less and less, and the concept of pay-to-play keeps tax payer dollars down, but I do not think making children pay for their high school athletic experience is the answer to solving this problem.

Personal Ethics and Sportsmanship

As I mentioned before, the Michigan High School Athletic Association states learning to be a good sport as one of the goals of athletic participation (<http://www.mhsaa.com/>). This site further goes onto to explain this as “You must learn to accept success and not let it go to your head. You must also learn to accept defeat knowing that you’ve done your best. You must continually strive to treat others as you would have them treat you. Through participation in athletics you must develop positive social traits. Some of these traits worth mentioning are:

emotional control, honesty, cooperativeness, and dependability”

(<http://www.mhsaa.com/LinkClick.aspx?fileticket=xBH-iIRgsbc%3D&tabid=948>).

I believe that a coach is detrimental in determining these traits and other ethical practices in their players. What a coach believes and stands for is picked up by their players, whether a coach wants it to be or not. As a coach I want to my players to respect me. “You cannot demand, dictate, or purchase respect- it must be earned” (Sabock, 2011. p91). In this chapter Sabock (2011) continues to go on stating “You should conduct yourself in such a way that respect comes not only from the members of a team you coach but also from the student body, faculty, school administrators, and people in the community” (p91). I believe in conducting myself in a way that the players will respect me for, and if I can also gain the respect of people outside of my sport than I hope my players will want to emulate the same thing.

Honesty is another trait I personally believe that I should instill in my players as their coach. Sabock (2011) states “Honesty is another desirable quality you should demonstrate at all times, and one that should be insisted on from everyone in sport” (p 100). I think if each coach could hold themselves accountable to be honest, and teach their players the importance of honesty in sports and in life, it could be a small step to increasing ethical practices in the athletic world and in life. “In short, if honesty is to be learned in athletics, it must be deliberately taught by you, the coach, as situations arise that demand an honest reaction” (p100), Sabbock continues to state in this Chapter. I want my players to learn how to make the right, honest, ethical choices, and that again starts with me leading by example.

I believe teaching children good sportsmanship is a crucial element of their athletic experience. Everyone has a set of values and morals they believe in and I think this is very

important in the coaching profession. Sabock (2011) believes “Ethical behavior on the part of a coach involves not only observing the rules of a particular game but also, and more important, behaving according to the true spirit of the game, or according to the unwritten rules that are an integral part of every sport” (p 3). There are a lot of situations that can arise through sport that can challenge coaches and players beliefs. “Doing what is right in the face of temptation is not easy” he went on to state (p 7). As a coach I want to my players have good conduct, that is a result of their good character. I intend to set a positive example when it comes to moral and ethical standards, not only by what I say but by what I do.

I believe the youth are the future of our world, and if I can help be a part of teaching our future positive values and morals through sports, I take that role very seriously. Sabock (2011) states “...there is no excuse for cheating, stealing, lying, or deliberately harming another person. These attitudes and actions simply cannot be tolerated in a civilized society and certainly not in an athletic program” (p 6). I think this is an important aspect to teach players because it may be easy to do while winning, but hard to do so in the face of defeat or when another team is using unfair play and unethical practices. I want my players to learn to be honest, respectful, dependable, cooperative and conduct themselves with dignity at all times!

I consider myself to be an extremely competitive person. That being said I have never had any issues with not being a good sport, so I never tolerate my players not practicing good sportsmanship. On the court they are to play and be tough, but never dirty or hurtful to someone on the opposing team on purpose. Off the court they are to respect their opponent, the other school, their fans and parents, and always keep their mouths shut to the referees and shake their hands after a game. As a coach I have to be aware of my actions, how I react to situations in a

game, and how I handle certain situations off the court. My players watch me and if I don't exhibit good sportsmanship at all times, I cannot ask them to do so.

The Amateur Athletic Union (AAU) has a mission statement that says "To offer amateur sports programs through a volunteer base for all people to have the physical, mental, and moral development of amateur athletes and to promote good sportsmanship and good citizenship"(<http://aausports.org/AboutAAU.aspx>). Many children participate in AAU and I think it is a good thing that throughout this youth athletic program they strive for morality and good sportsmanship.

When I was in high school I played AAU basketball and volleyball. My team was fortunate enough to make it to nationals when I played. While at Nationals there were countless seminars and sessions to attend, all relating to life outside of basketball. I will never forget what I learned at my first AAU Nationals. Not only did I learn a great deal about myself as a player from the great competition I faced there, I learned so much about taking my success to the next level and how I could implement what I used to be successful in basketball, to also be successful in life.

There are a lot of ethical choices I think players have to make when participating in athletics. One of the major ones in today's society is the use of performance enhancing drugs. I think there is so much focus on performance, winning, and playing at the next level that kids are doing anything they can to get an advantage. It is a quick way for them to become stronger, faster and maybe be set apart from other athletes not using the drugs. I think coaches should be aware of the demands they make on their players, and take into consideration how these demands can lead to children turning to drugs. I do not believe in athletes using performance enhancing

drugs and think coaches should educate their athletes about the dangers that come along with them, and the fact that they are not legal to take.

There are many situations that arise in sports that can make a coach face their morals head on. One of these situations can arise when a star player is doing bad in class, or the coach finds out they are breaking team rules. Coaches are immediately put in a situation where they have to make choices; should they let the bad grades slide and turn a blind eye to the rule breaking? If they don't and their star player is out, chances of losses are most likely higher. Another situation could arise for college coaches when recruiting athletes. Money, boosters, and breaking recruiting guidelines all can come into the picture to entice a recruit to a college team. If as a coach you know that all the other programs are recruiting a player this way do you do the same even though you know it to be wrong?

I think that coaches feel a lot of pressure to win and when situations arise where they feel like they will be at a disadvantage to do so, they are more likely to use unethical violations to make sure the winning can take place. Coaches may be firm in their ethics until they see another team cheating to win, and then lose their values and cheat as well to make sure their team has the same chance of winning. I believe a coach has to have a firm set of beliefs and morals, and a true awareness of what is right and wrong. Not only do I think coaches have to have these things, but as Sabock (2011) stated in Chapter 4 coaches need to have "courage of conviction"(p 102).

To me winning isn't worth it if you have to compromise your own standards and ethics to do so. As a coach I think that the eyes of your players are on you at all times, and you should always use high moral standards so that your players can learn from your example. Sabock tell

us “If you don’t stand for something, you’ll stand for anything” (p 102). Morals, values, ethics, and good sportsmanship are all very important lessons a coach can teach their players. I know I am a young coach, just getting started in my coaching career, and that I have a lot to learn. I hope I always have the courage to stand for what I believe and know to be right, and stay true to my moral and ethical beliefs no matter what the situation.

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www.islux.lu

8 Philosophy Statements

Youth Sport Agencies:

1. AAU

Mission Statement

To offer amateur sports programs through a volunteer base for all people to have the physical, mental, and moral development of amateur athletes and to promote good sportsmanship and good citizenship

2. AYBT

Opportunities for Everyone

The American Youth Basketball Tour is all about improving your game. We all know that you can't improve if you don't play. That's why we developed the 60/40 equal game play philosophy. 60/40 ensures that all youth basketball players get court time, and in the process, understand the importance of everyone's contribution to the team.

High School Associations:

1. Michigan High School Athletic Association (MHSAA)

Philosophy of Athletics

"V. American society places a high priority on individual excellence. This excellence has been closely allied with a challenging, competitive environment. Competition has long been considered a measure of excellence in our culture, whether it be in the business world, in scholastic achievement, or in athletics. Educational sports, in their pursuit of excellence, should be cautious not to create a competitive atmosphere so highly charged and intense that it becomes counter-productive for those it is intended to serve. Athletics must always be available to the many, not just the few. Every attempt should be made to encourage as many students as possible to share in the benefits of athletic participation. While participation is to be encourage, it should be regarded as a privilege to compete for the school and **excessive praise and awards should be discouraged.**

"The program shall be so directed that the welfare will be the rule. Every effort should be made to assure broad-based student participation. Continued emphasis shall reinforce the philosophy that the educational sports programs support the educational program and are justifiable only to the extent that they are a desirable learning experience. All athletic activities in the school district shall be **coordinated with the general instructional program and be in complete harmony with all aims and objectives of the total school program.**

2. International School of Luxembourg (ISL)

“While the ISL takes great pride in winning and success, it does not condone “winning at any cost”. ISL strongly discourages any and all pressures, which might tend to neglect good sportsmanship.”

College Coaches

1. Kevin Borseth-University of Michigan Head Women’s Basketball Coach

"Someone this morning asked me about my philosophy of coaching. In some respect, and I'll loosely use this, the animals run the zoo. I allow the players to give input. Ultimately, I'm responsible. I'm responsible for the success and failure of the program. I recognize that. The players need to be responsible for the things they do. If you're going to make them responsible, you have to give them an opportunity to give feedback. I'm an extremely open person. If the players want to come in and talk to me, then we can do that. I'm going to try to teach these players how to fault and cure themselves. I shouldn't have to tell them all time. They need to know how to fix it themselves. Harmony comes first, it really does. If the players get along and learn to understand each other, things will continually go forward. I guess I don't look at the fact that others have failed, I just look at the fact that we were successful in the past."

2. John Wooden- UCLA Former Head Men’s Basketball Coach

“success is a peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.”

High School Coaches

1. Don Barbo- Ludington High School Former Varsity Women’s Basketball Coach

“If I can teach these girls the game of basketball, they are having fun while learning, and in the process I watch them grow as players and people, I have succeeded.”

2. Mark Reed- AB Contern of Luxembourg Head Coach

Table 1

**success is peace of mind which is a direct result of self-satisfaction in knowing
you did your best to become the best that you are capable of becoming**
John R. Wooden, Head Basketball Coach, Emeritus, UCLA

