



## (4) People Skills



## 4. People Skills

- Successful athletes realize that they are part of a larger system that includes their families, friends, teammates, coaches, and others.
- When appropriate, they communicate their thoughts, feelings, and needs to these people and listen to them as well.
- They have learned effective skills for dealing with conflict, difficult opponents, and other people when they are negative or oppositional.

## *People Relations (Adult)*

Below are listed some of the people who may be important in your life and who may help or hinder you in achieving your goals. Add any others who are also important to you, or cross out any who are not present or important in your life. In the next two columns, write a few of the important things that you need from each and a few of the important things that they need from you. Finally, evaluate the present state of your relationship with each person by placing a number between 0 and 10 in the Eval. Column. A "0" would indicate a totally unsatisfactory relationship; a "10" would indicate that the relationship is working perfectly for both of you. Later, you might wish to discuss this exercise with some of the people on the list.

<i>Person</i>	<i>What I need from them</i>	<i>What they need from me</i>	<i>Eval.</i>
<i>Spouse or Significant Other</i>			
<i>Children</i>			
<i>Mother</i>			
<i>Father</i>			
<i>Coach</i>			
<i>Sport Partners or team mates</i>			
<i>Best Friend</i>			
<i>Other Friends</i>			
<i>Competitors</i>			
<i>Employer or Supervisor</i>			

## *People Relations (Youth)*

Below are listed some of the people who may be important in your life and who may help or hinder you in achieving your goals. Add any others who are also important to you, or cross out any who are not present or important in your life. In the next two columns, write a few of the important things that you need from each and a few of the important things that they need from you. Finally, evaluate the present state of your relationship with each person by placing a number between 0 and 10 in the Eval. Column. A "0" would indicate a totally unsatisfactory relationship; a "10" would indicate that the relationship is working perfectly for both of you. Later, you might wish to discuss this exercise with some of the people on the list.

<i>Person</i>	<i>What I need from them</i>	<i>What they need from me</i>	<i>Eval.</i>
<i>Mother</i>			
<i>Father</i>			
<i>Coach</i>			
<i>Sport Partners or team mates</i>			
<i>Brothers/Sisters</i>			
<i>Best Friend</i>			
<i>Other Friends</i>			
<i>Competitors</i>			
<i>Teachers</i>			

# Coach-Skater Agreement

We are a team. Neither of us can accomplish his goals without the other. We are united in our common purpose. Our ages, personalities, and many other things about each may be different. We don't always have to agree with one another, but we commit ourselves to being respectful of one another. We are joined together by our shared goals. We are a team.

To this end, we commit ourselves to the following:

1. To let go of all past difficulties and tensions.
2. To commit ourselves to the relentless pursuit of our common goals.
3. To treat each other in a respectful manner, even when we disagree with one another.
4. To treat each other's feelings with respect.
5. To treat each other's ideas and thoughts with respect.
6. To give each other honest, polite feedback as we go along, rather than allowing things to build up.
7. To listen with an open mind when receiving feedback from the other.
8. To be patient with each other.
9. To help each other be the best that he/she can be.
10. To help each other enjoy the sport that we share and love.
11. To tell each other what they're doing right and how much they are appreciated.
12. To talk with each other at least once a week about how well we're following this agreement.
13. To seek outside consultation if any tensions or resentments persist for more than a few days.

Signed:

Athlete \_\_\_\_\_

Coach \_\_\_\_\_

Date \_\_\_\_\_

# SPORTSMANSHIP

## Is EVERYONE'S Responsibility

### PARTICIPANTS

- Treat opponents with respect. Do not embarrass, demean, taunt or intimidate your opponent with ridiculing motions, finger pointing or trash talking.
- Respect contest officials and abide by the rules of the game.
- Accept seriously the responsibility and privilege of representing your school and community.

### COACHES

- Set a good example for participants and fans to follow. Respect contest officials.
- Exemplify the highest moral and ethical behavior.
- Enforce penalties for participants who do not abide by sportsmanship standards.

### PARENTS/FANS

- Realize a ticket is a privilege to observe a contest and support interscholastic athletics.
- Be an exemplary role model by positively supporting teams in every manner possible.
- Be a fan, not a fanatic.

### SPIRIT GROUPS

- Use only positive cheers or signs.
- Do not antagonize or demean opponents, opposing spirit groups or opposing fans.
- Serve as a role model.

### OFFICIALS

- Accept role in an unassuming manner.
- Maintain confidence and poise; control contest from start to finish.
- Never exhibit emotions or argue with participants or coaches.

### SCHOOL ADMINISTRATORS

- Develop a program for teaching and promoting the ideals of good sportsmanship.
- Provide appropriate supervisory personnel for each event.
- Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.

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