

Athletes Character Code

Moral Values	Actions in Life	Actions in Sport
▶ Be Respectful	Be respectful of other people Be respectful of others' property Be respectful of the environment Be respectful of yourself	Be respectful of the game and to its rules and traditions Be respectful of your opponents Be respectful of the officials Be respectful in victory and defeat
▶ Be Responsible	Fulfill your obligations Be dependable Be in control of yourself Be persistent	Prepare yourself to do your best Be punctual for practices and games Be self-disciplined Be cooperative with your teammates
▶ Be Caring	Be compassionate and have empathy Be forgiving Be generous and kind Avoid being selfish or mean	Help your teammates play better Support teammates in trouble Be generous with praise; stingy with criticism Play for the team, not yourself
▶ Be Honest	Be truthful and forthright Act with integrity Be trustworthy Be courageous to do the right thing	Play by the spirit of the rules Be loyal to the team Play drug free Admit to your own mistakes
▶ Be Fair	Follow the Golden Rule Be tolerant of others Be willing to share Avoid taking advantage of others	Treat other players as you wish to be treated Be fair to all players, including those who are different Give other players an opportunity Play to win within the rules
▶ Be a Good Citizen	Obey the laws and rules Be educated and stay informed Contribute to the community Protect others	Be a good role model Strive for excellence Give back to the sport Encourage teammates to be good citizens

