

## STERLING SPORTSMANSHIP PARENTS and STUDENTS

Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you'd like to be treated yourself. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.

Everyone feels great when they win, but it can be just as hard to be a good sport when you've won a game as when you've lost one. Good sportsmanship takes maturity and courage — when you work really hard at a sport, it's not easy to admit that you made a bad play or that someone possesses greater skills than you. In competition — as in life — you may not always win, but you can learn something from losing, too.

It's pretty tough to lose, so it definitely doesn't help matters if someone continues taunting you or your team after the competition is over. Sometimes it's hard to swallow your pride and walk on, but there's always the next game.

When you *do* lose — and it will happen — don't take it out on your opponent, blame the officials, or blame your team. Take it in stride. When you lose, lose with class. Being proud of how you performed, or at least being aware of things you need to improve for next competition, is the key. When it comes to losing, good sportsmanship means congratulating the winners promptly and willingly. Also, it means accepting the game's outcome without complaint and without excuses, even if you sometimes feel the referees made a questionable call.

When you win, be a gracious and generous winner. Good sportsmanship means acknowledging victories without humiliating opponents, being quietly proud of success, and letting victories speak for themselves. Even if you win by a landslide, good sportsmanship means still finding ways to compliment your opponents.

Sterling Public Schools has had a long tradition of exhibiting great sportsmanship. Our players are often complimented on how they act on and off the field or the court. It is very important that our students and adults represent our community in the same way. Please remember that it does not take very many incidents to ruin a long established reputation of good sportsmanship. We as adults are the role models for our kids. If you bring attention to yourself at a ballgame, not only are you bringing attention to you, but also to the entire school and community. A true Sterling Tiger shows respect for the other team, coach, and officials whether we agree with what they do or not. We are not going to agree with every call or agree with the conduct of other fans or coaches from other communities. We need to take the higher road when it comes to these types of situations. It is important that we, as a community, continue to support our kids. Please continue to cheer, lead, and support our teams, but do so with the respect, the honor, and the dignity that a Sterling Tiger fan possesses.

Respectfully,  
Sterling School Administration