**Ten Commandments of Sportsmanship**

1. “Golden Rule”- Do unto others as you would have others do to you.
2. Enjoy yourself and promote enjoyment for others.
3. Be responsible for your actions.
4. Have an open mind to others weaknesses and have a forgiving attitude.
5. Have pride in one’s performance and one’s school.
6. Be a friend, not an enemy, and create a positive environment.
7. Encourage others to do or be their best.
8. Sportsmanship should be contagious.
9. Remember it is a privilege to participate.
10. Practice sportsmanship in all situations at all costs.

Virginia School District #64 supports the IESA and IHSA Add A. Tude Sportsmanship Program.

**NO SHORTCUT TO ATHLETIC SUCCESS**

Success requires effort, and there are too few who are willing to pay the price of success.

The athlete must always remember that the burdens of physical effort and internal motivation are his own responsibility. He alone is accountable for his actions, choices and decisions.

If an athlete wants to achieve success, the motivation that will drive him toward that objective must come within. This internal motivation is the ability of the individual athlete to develop strength, desire, will power and determination to reach a chosen, worthy goal.

**Athletic Communication Guidelines**

Procedure if a parent has a question in regard to his/her daughter’s status on a team or during a given season.

The Extra-Curricular Committee has mandated that the procedure must be followed in sequence for proper communication to occur.

1. If a parent has a question, they should call the school to make an appointment to talk with the coach. The athlete will also be present at this meeting along with a mediator.
2. If there still seems to be a problem they should contact the Athletic Director/Administrator to schedule a meeting.
3. If there is no resolution at this point there should be a meeting with the Principal.
4. The next step would be a conference with the Superintendent.
5. After the above steps have been completed an inquiry to the Board of Education might be necessary.

**\*\*The only time that a coach would be expected to talk to a parent after a contest would be in the case of illness, injury, or some unexpected emergency.**

**VIRGINIA JUNIOR/SENIOR**

**HIGH SCHOOL**

Redbird

Parent/Coach

Athlete

Communication Meeting

