



2024 Sportsmanship & Leadership Summits



National Anthem

**Lincoln North Star High School
Swing Choir**

Let's meet who will guide your experience today...



Rob Miller
Proactive Coaching



Diane Shuck
Douglas County HS, CO



Kevin Kush
Coach Kush Speaks



Team Covenants - Part 1

Rob Miller - Proactive Coaching



Team Covenants - Part 1

Great teams are committed:

Individual and Team



Team Covenants - Part 1

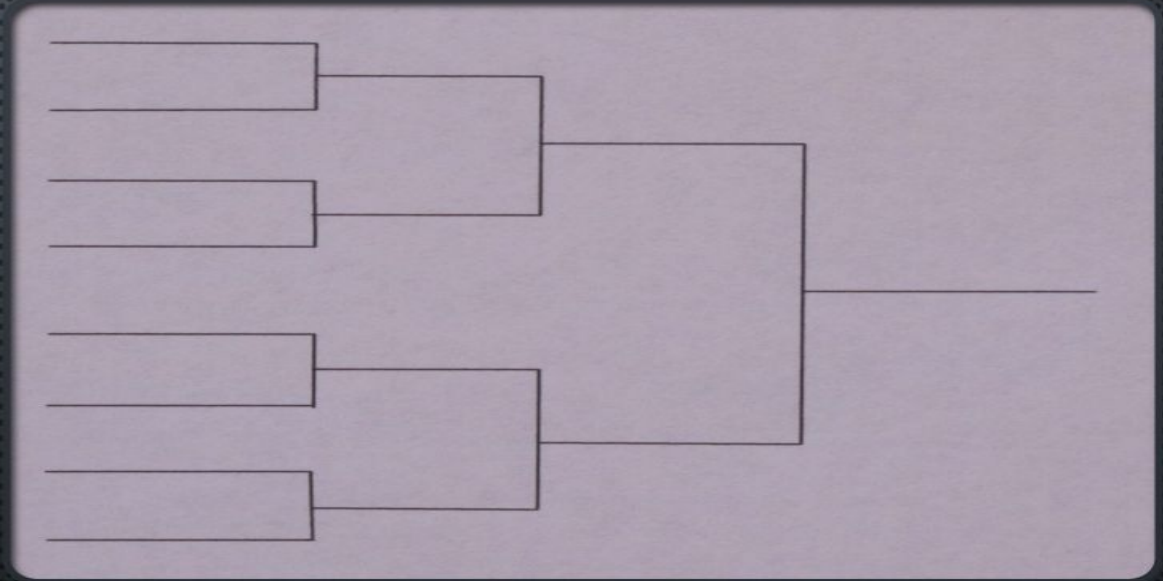
- 1. Share a common vision**
- 2. Can articulate values**
- 3. Hold yourself accountable**
- 4. Agree to hold each other accountable.**



Team Covenants - Part 1

1. Different than goals
2. Simple
3. Help you get better
4. Stand out

COVENANT BRACKET



PERFORMANCE STANDARDS

DISCIPLINE, MENTALLY TOUGH, COACHABLE,
COMMITMENT, ACCOUNTABLE, COURAGE,
PREPARED, ENERGY, WORK HABITS,
CONFIDENT, NO EXCUSES, FOCUSED, INTENSITY,
EXCELLENCE, TOUGHNESS, DETERMINATION,
COMPETITIVE, CONSISTENT, RELENTLESS,
SPORTSMANSHIP, DESIRE, IMPROVEMENT,
ATTITUDE, PERSEVERANCE, DRIVE, TENACIOUS,
EFFORT,
OTHERS...

RELATIONSHIP COMMITMENTS

UNITED, LOYALTY, SELFLESSNESS, CARING, TRUST,
GRATITUDE, TEAM FIRST, HONOR, CLASS, RESPECT,
TEAMWORK, BROTHERHOOD/SISTERHOOD, FAMILY
PRIDE, DEDICATION, INTEGRITY, PASSIONATE,
OWNERSHIP, SERVANT LEADERSHIP, RESPONSIBLE,
HONEST, FUN, JOY, HEART, TRADITION, COHESIVE,
WELCOMING, FRIENDSHIP, RELIABILITY, OPTIMISM,
HUMILITY, EQUALITY, PROFESSIONALISM, COMMUNITY,
TOUGH, COLLECTIVE RESPONSIBILITY, LOVE
OTHERS...

	Value #1	Value #2
Athletes/Students		
Coaches		
Parents		



Game Day Experiences with Sportsmanship Built In - Part 1

Diane Shuck, Douglas County, CO



CHAMPION

**ELEVATING STUDENT
PARTICIPATION AND
CELEBRATION**



SPORTSMANSHIP

**WHAT IS SPECIAL
ABOUT YOUR
SCHOOL?**

**WHAT
TRADITIONS ARE
EVIDENT?**



TRADITION AND EXPERIENCE





GROUP UP

CREATE A TRADITION

A MEMORABLE EXPERIENCE



APPROVED RULINGS AND INTERPRETATIONS FOR 3.3.11

In the realm of good sportsmanship, it is the expectation that all student spectators wear shirts for all sub-district, district, and state events. Each individual school shall be responsible for assuring that student spectators are appropriately attired.

3.3.11.1 - Conduct of Coaches and Athletes. Coaches and athletes shall conduct themselves in accordance with the playing rules of the sport contest and refrain from unsportsmanlike conduct during interscholastic competition. Failure to fulfill this obligation will subject the individual(s) to the penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

3.3.11.2 - Definition of Unsportsmanlike Conduct. Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent directed toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.



TEAMMATE TRAINING

For The High School Athlete



AN ATTITUDE OF GRATITUDE



Today's Goal: BE A BETTER TEAMMATE (Moving Forward)

BE PROUD TO WEAR THE JERSEY

Better Teammates=Better Culture

Better Culture=Better Team

Impactful Experience



FUN

RELATIONSHIPS

LIFE LESSONS

MORE WINS!

Team Members versus TEAMMATES

Team Members

Complain
"Me"
Hate Feedback.
Gossip
Reject Change
Blame Others
Tired
Stumbling Blocks
Always Looking
Bored
Frown
Isolate
Late

TEAMMATES

Problem Solve
"We"
Friends of Feedback
Too Busy Working
Embrace Change
Take Ownership
High Energy
Stepping Stones
Love It Here
Engaged
Smile
Collaborate
On Time

COACH'S QUOTES AFTER CHAMPIONSHIPS

"Our players fought through adversity earlier in the season and it paid off!"

"We made some changes-----moved some players around and everyone bought in."

"The off-season set the tone for this accomplishment."

"Everyone contributed to this championship."

"These players truly care about each other."



IT HAS NOTHING TO DO WITH TALENT!



YOU CONTROL THIS!

Affirmation



Improvement

TAKE A LOOK IN THE MIRROR



Believes In The Team Concept

Nothing is ever accomplished alone

Everyone's role is important

EXPEDITION EVEREST

Equipment Managers

Sherpas

Expedition Leader

Weather Forecaster

Camp Managers

Climbers

Cooks

Medical Personnel

Climbing Guides

Climbing Sherpas

Photographer

Base Camp Manager





Exhibits Selfless Behavior

Do the “grunt” work

PRAY FOR
DAMAR **3**





“Never be too big to do the little things.”



**“Sweep
the
sheds”**

- JAMES KERR



Respects Everyone

Everyone effects team morale





Handles adversity

“What an opportunity”









Adapts to change

Be flexible—think improvement!





Breakout Discussion Questions



- The “All Blacks” rugby team believes in never being too big to do the little things. What are some little things you can do in your team settings to EXHIBIT SELFLESS BEHAVIOR?

Example---Helping pick up the dugout after softball or baseball practice



Breakout Discussion Questions



- Coach Kush discussed the importance of RESPECTING EVERYONE. What are some specific things you can do on your team to help “strengthen friendships.”

Example---Organize a weekly breakfast for all team members.



Breakout Discussion Questions



- It is not if adversity will hit your team, it is when! What types of adversity do you foresee happening on your team and how will you react in order to turn adversity into an opportunity?

Example---My team has a losing streak so I make the decision to practice harder!



IT'S OUR TIME

NSAA Student Advisory Committee



WHAT IS THE NSAA STUDENT ADVISORY COMMITTEE?

The NSAA Student Advisory Committee consists of 20 students from across Nebraska who serve as liaisons between the students and the state association.

- Assist at State Championships
- Participate in Community Service Projects
- Provide feedback to the NSAA regarding local and statewide issues
- Create initiatives to better the NSAA member schools





THE MEANING: IT'S OUR TIME

- The phrase “It’s Our Time” is a call to action - reminding us that this is the moment we shape our futures.
- The world is changing before our eyes and there are some things that we deal with as students that adults didn’t when they were our age. Some of these things include -
 - Mental & Physical Health
 - Active Participation
 - Sportsmanship
- It’s our turn to write history and now is the time.





MENTAL HEALTH: IT'S MORE IMPORTANT THAN EVER

Mental health has become a crucial topic in recent years, especially for students.

- **Why it matters:** The pressure of schoolwork, social media and future expectations can lead to stress, anxiety and depression.
- **It's okay to ask for help:** There's less stigma now around seeking support through therapy or counseling.
- **Taking care of your mind:** Practices like mindfulness, talking to a friend or even taking breaks to do something you enjoy can significantly improve our mental well-being.





PHYSICAL HEALTH: OUR BODIES, OUR RESPONSIBILITY

Physical health is just as important as mental health and it's up to us to take
care of our bodies.

- **Healthy habits:** Eating right, exercising regularly and getting enough sleep are essential for staying healthy.
- **The benefits of exercise:** Physical activity not only strengthens the body but also improves mood and reduces stress.
- **Today's challenge:** In the digital age, staying active can be harder, but it's more important than ever to make time for physical activity - whether it's sports, walking or just being outdoors.





BREAK OUT QUESTION

Talk with your peers and be prepared to share!

How can we better integrate mental and physical health practices into our daily lives as students?

What are some strategies or activities that help you stay balanced mentally and physically?





PARTICIPATION: BE PART OF SOMETHING BIGGER

Getting involved in clubs, athletics, activities or community events opens up opportunities and builds connections.

- **Why participate?** It allows you to learn new skills, meet new people and make a difference.
- **The power of community:** When we participate in group activities, we create bonds and share experiences that shape our world.
- **Now is the time to act:** Whether it's joining a school team, volunteering or participating in extracurriculars, our involvement today can make a big impact on our future.





PARTICIPATION: RECRUITING STUDENTS TO PARTICIPATE

Engaging student in extracurricular activities is essential for fostering a well-rounded school experience. To successfully recruit participants for athletics and other activities consider the following:

- **Highlight Benefits:** Emphasize the personal growth, team work, leadership and fitness benefits that come with participation.
- **Showcase Success Stories:** Share inspiring stories of current or pas students who have excelled in activities both on and off the field.
- **Create Inclusive Opportunities:** Offer a variety of options for students with different interests and skill levels, ensuring everyone feels welcome to join.
- **Foster a Positive Environment:** Promote a supportive, fun and encouraging atmosphere where students can build lasting friendships.
- **Utilize Social Media & Events:** Leverage school social media platforms and host introductory events or “try-out” days to generate excitement and visibility





SPORTSMANSHIP: MORE THAN WINNING

Sportsmanship is about how we treat other, whether we win or lose.

- **What is sportsmanship?** It's showing respect for opponents, teammates, officials and the rules of the game.
- **Why it matters:** It helps build character, teaches teamwork and encourages resilience.
- **A changing world:** In today's competitive world, good sportsmanship is even more important. It's about creating a positive environment where everyone feels valued, no matter the outcome of the game.





BREAK OUT QUESTION

Talk with your peers and be prepared to share!

In your experience, how can we foster a more inclusive environment in school sports and activities where everyone feels respected, regardless of their skill level or background?





THE DIFFERENCES IN OUR WORLD TODAY

The world is changing fast, and we have the power to shape it.

- **Technology & Social Media:** These tools bring people closer, but they also have an impact on our social lives, mental health and well-being.
- **Global awareness:** We are more connected to global issues today - whether it's climate change, social justice or education.
- **Our voice matters:** As students, we have the chance to be active participants in shaping the future of our world, especially when it comes to advocating for mental health, inclusivity and fairness.





BREAK OUT QUESTION

Talk with your peers and be prepared to share!

What do you think are the most important skills or mindsets we need to develop to thrive in a world that's rapidly changing due to technology, climate change, and global interconnectedness?

How can we as individuals and communities better prepare ourselves to address these challenges?





THE POWER OF “IT’S OUR TIME”

Now is the time to take charge of our health, our futures and our world.

- **Personal growth:** Every day is an opportunity to better ourselves - physically, mentally and emotionally.
- **Supporting each other:** we can help our friends and peers by encouraging them to prioritize their health and be kind, just like we would want for ourselves.
- **Building a better tomorrow:** Through participation, sportsmanship and caring for our health, we shape a better world, not just for ourselves, but for everyone.





EMBRACE THE MOMENT

“It’s Our Time” is about taking the initiative and making choices that will lead to a healthier, more balanced and inclusive world.

Key Takeaways:

- Prioritize your mental and physical health.
- Participate in activities that help you grow and contribute to your community.
- Recognize that the world is changing and we are the ones who will shape it.





Team Covenants - Part 2

Rob Miller - Proactive Coaching

	Value #1	Value #2
Athletes/Students		
Coaches		
Parents		

FINISHED PRODUCT - COVENANTS

Articulate

Provide a vision

Write them down

Make them Public

Public Declaration

Practice – Compare

Reward

Institutionalize

THE FOUR KEY QUESTIONS

Do you think these will help you reach your potential as a team?

Can you teach these covenants with the actions to your team?

Are you willing commit to them with your actions?

Are you willing to hold teammates accountable when they don't?



Game Day Experiences with Sportsmanship Built In - Part 2

Diane Shuck, Douglas County, CO



CHAMPION CULTURE

**ELEVATING STUDENT
PARTICIPATION AND
CELEBRATION**



CHARACTER AND CULTURE

On a scale of 1-10 (with a “10” being the most positive), what number would you give the current level of character and culture of sporting behavior at the following.

- Professional Level
- Collegiate Level
- High School Level

Why did you choose the numbers you did? Defend your answer.

Being honest in your evaluation, what number on a scale of 1-10 would you give your own school? Defend your answer.

What would it take to move your number up? Ex: From a “5” to a “6”

CALL TO ACTION

- **5 CHEERS THAT MEET CHSAA RULES AND ENCOURAGE YOUR TEAM**
 - Share existing cheers that create good participation in your student section?
- **3 CHEERS THAT DON'T PROMOTE A POSITIVE CULTURE**
 - What is a cheer that your school, or that you have heard from another school, that don't promote a positive culture?
- **WHAT ARE YOUR TAKEAWAYS?**
 - After talking to your group, what are you going to take back to your school and the leaders of your student section?





Eight Traits of a Quality Teammate - Part 2

Kevin Kush - Coach Kush Speaks



TEAMMATE TRAINING

For The High School Athlete

PART TWO





Accepts feedback

This is how you get better

Say O.K.

Have rhino skin!



**“I welcome your
feedback coach”**



Demonstrates high energy

Have “Labrador” enthusiasm







Is accountable

Do your job

Pay attention to detail

Eight Traits Of A Quality Teammate

1. Believes in the **TEAM CONCEPT**
2. Exhibits **SELFLESS BEHAVIOR**
3. Respects **EVERYONE**
4. Handles **ADVERSITY**
5. Adapts to **CHANGE**
6. Accepts **FEEDBACK**
7. Demonstrates **HIGH ENERGY**
8. Is **ACCOUNTABLE**











FINAL ACTIVITY



- Take a look at all of the EIGHT TRAITS OF A QUALITY TEAMMATE.
- Pick one of the traits to focus on as an area of improvement.
- What specific behavior will you engage in order to make this improvement? Share with an elbow partner.



Closing Celebration

Take it Home & Act!

