

NATIONAL ASSOCIATION OF  
INTERCOLLEGIATE ATHLETICS



## Choices for High School Athletes

### **NAIA *Champions of Character***

*“One athlete of character will  
improve a team. One team of  
character will improve a school.  
One school of character can  
impact an entire community.”*

*Bruce E. Brown-  
NAIA Special Presenter*

# Choices for High School Athletes - NAIA *Champions of Character*

Teams can make a conscious choice to uphold the best of values.

Individual players can make choices that will define them as athletes.

## Respect



## Responsibility



## Integrity



## Servant Leadership



## Sportsmanship



### How an athlete shows *RESPECT*

#### Teachable Spirit

- Takes correction as a compliment
- Consistently seeks new information
- Is eager to learn

#### Work Habits

- Can be subjected to hard, productive work
- Commits to continuous improvement
- Commits to a particular course of action

#### Attentiveness

- Listens, concentrates and focuses
- Without this, there is no improvement
- Respects coaches and teammates

#### Confidence

- Quiet, inner feeling based on preparation, not arrogance
- Relaxed aggressiveness
- Confidence-builder

#### Pride

- Shared joy of the inner circle
- Does not require or expect special treatment
- Feels a sense of dignity
- Values the work and accomplishments of the team

### How an athlete shows *RESPONSIBILITY*

#### Academic Progress

- Makes academic progress toward graduation top priority
- Assumes responsibility for academic effort
- Maintains academic eligibility
- Covers all responsibilities for any classes missed due to travel

#### Accountability

- Accepts responsibility for outcomes
- Solves problems and does not make excuses
- Looks internally first when improvement is needed

#### Consistency

- Reliable
- Can be counted on by self and teammates

#### Discipline

- Discipline and love are two sides of the same coin
- Accepts and embraces discipline for the benefit of the team
- Exhibits self control on and off the court
- Focuses attention and effort

# Choices for High School Athletes - NAIA *Champions of Character*

“Character has always been important. But with changes in society today, it needs more reinforcement than ever before.”  
John Wooden -  
Legendary UCLA and NAIA  
Teacher & Coach

## Respect



## Responsibility



## Integrity



## Servant Leadership



## Sportsmanship



### Competitive

- Is determined to work within the rules of the game to be successful
- Makes a quick recovery from mistakes or misfortune

### Mental Toughness

- Demonstrates inner strength to control emotional responses and concentrate on what has to be done in pressure situations
- Uses emotion and energy to make self tougher, not to give opponents strength
- Nothing breaks spirit; stays enthusiastic, confident and positive

### Determination

- Is a self-starter
- Recovers quickly from mistakes and perseveres
- Shows initiative
- Sticks with obligations and promises

### How an athlete shows *INTEGRITY*

#### Integrity

- Purity of intent
- Truthful, honorable and genuine
- Being worthy of respect

### How an athlete shows *SERVANT LEADERSHIP*

#### Selflessness - Teamwork

- Has the ability to put the team ahead of self in every decision
- Accepts and fulfills a role

#### Enthusiasm

- Loves the game
- Shares it with teammates
- Brings it everyday

### How an athlete shows *SPORTSMANSHIP*

#### Sportsmanship

- Respects the rules and the game
- Respects and accepts the judgment of others
- Respects opponents as guests
- Reacts correctly, even when others do not

Bruce E. Brown - NAIA Special Presenter

# Are you an ATHLETE?

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## *RESPECT*

### TEACHABLE SPIRIT

1      2      3      4      5      6      7      8      9      10

### WORK HABITS

1      2      3      4      5      6      7      8      9      10

### ATTENTIVENESS

1      2      3      4      5      6      7      8      9      10

### CONFIDENCE

1      2      3      4      5      6      7      8      9      10

### PRIDE

1      2      3      4      5      6      7      8      9      10

## *RESPONSIBILITY*

### ACADEMIC

1      2      3      4      5      6      7      8      9      10

### ACCOUNTABILITY

1      2      3      4      5      6      7      8      9      10

### CONSISTENCY

1      2      3      4      5      6      7      8      9      10

### DISCIPLINE

1      2      3      4      5      6      7      8      9      10

### COMPETITIVE

1      2      3      4      5      6      7      8      9      10

### MENTAL TOUGHNESS

1      2      3      4      5      6      7      8      9      10

### DETERMINATION

1      2      3      4      5      6      7      8      9      10

## *INTEGRITY*

### INTEGRITY

1      2      3      4      5      6      7      8      9      10

## *SERVANT LEADERSHIP*

### SELFLESSNESS

1      2      3      4      5      6      7      8      9      10

### ENTHUSIASM

1      2      3      4      5      6      7      8      9      10

## *SPORTSMANSHIP*

### SPORTSMANSHIP

1      2      3      4      5      6      7      8      9      10