

True Sport Principles



Here are some ideas on how to bring these principles to life with your team. Do you have any other ideas? Share them with us at pres@bridlewood.ca

Go For It

- Rise to the challenge – always strive for excellence. Discover how good you can be!
- Recognize athletes that are working hard, not just athletes that score.
- Have the team choose a player who they think tried the hardest that game
- Encourage each athlete to play to the best of their ability

Play Fair

- Rise to the challenge – always strive for excellence. Discover how good you can be!
- Recognize athletes that are working hard, not just athletes that score.
- Have the team choose a player who they think tried the hardest that game
- Encourage each athlete to play to the best of their ability

Respect Others

- Rise to the challenge – always strive for excellence. Discover how good you can be!

- Recognize athletes that are working hard, not just athletes that score.
- Have the team choose a player who they think tried the hardest that game
- Encourage each athlete to play to the best of their ability

Keep It Fun

- Rise to the challenge – always strive for excellence. Discover how good you can be!
- Recognize athletes that are working hard, not just athletes that score.
- Have the team choose a player who they think tried the hardest that game
- Encourage each athlete to play to the best of their ability

Stay Healthy

- Rise to the challenge – always strive for excellence. Discover how good you can be!
- Recognize athletes that are working hard, not just athletes that score.
- Have the team choose a player who they think tried the hardest that game
- Encourage each athlete to play to the best of their ability

Include Everyone

- Rise to the challenge – always strive for excellence. Discover how good you can be!
- Recognize athletes that are working hard, not just athletes that score.
- Have the team choose a player who they think tried the hardest that game
- Encourage each athlete to play to the best of their ability

Give Back

- Rise to the challenge – always strive for excellence. Discover how good you can be!
- Recognize athletes that are working hard, not just athletes that score.
- Have the team choose a player who they think tried the hardest that game
- Encourage each athlete to play to the best of their ability

There are suggestions in the coaching manual for introducing your team to True Sport; other ideas include:

- Have your team sign a True Sport Declaration:
<http://www.truesportpur.ca/files/pdfs/TS-FORM-Declaration-E.pdf> – include their parents as well.
- Ask each child to research the True Sport Principles and share one of them with the team at the next game.
- Quiz them on the principles and for each one they remember, they have to do 1 fewer lap/drill/etc.
- Check out this Engagement Kit created for School Coaches:
http://www.truesportpur.ca/files/pdfs/TS_Engagement-Kit_School_Coach_OFSA2011_E.pdf

