

**Core Character Values Taught in Sport
Culture: How we do Things Here**

South Family

Four Underlying Character Traits of The South Family

1. **Humility**
2. **Accept Responsibility**
3. **Reject Passivity**
4. **Courage—Leading Courageously**

- To be a part of this family you will be loved unconditionally and you will learn to love unconditionally
- You will understand that the development of your Character leads to excellence.
- If one strays, the family suffers.
- Members of the family possess the Characteristic Traits below:

<u>Leaders</u>	<u>Strong</u>	<u>Finish</u>
<ul style="list-style-type: none"> • Display Humility • Serve: Physically and Verbally—Compliment the positive, Encourage the Negative, Advocate. • Trust: Being Trustworthy and Instilling Trust in Others 	<ul style="list-style-type: none"> • Mentally • Physically • Relationally <p>In order to be strong in these areas you need to:</p> <ul style="list-style-type: none"> • Reject Passivity • Lead Courageously 	<ul style="list-style-type: none"> • Accept Responsibility— Do that which you are suppose to do and Get the Job Done. • Believe

As a Coach, you need to be:

- **Transformational:** Transformational coaching strives to inspire and change (or transform) the whole athlete in order to improve not only the individual's sports performance, but also to positively affect change in the athlete's life. Taken further, by giving individual consideration to all aspects of an athlete's performance - skills and techniques, motivation and behavior, work ethic and sportsmanship - the transformational coach has the ability to positively affect, and to positively produce, the optimal sports performance of the entire team.
- **NOT Transactional:** Transactional coaching can best be summarized by an individual exchange (or transaction) between a coach and an athlete to improve the immediate performance of the athlete. These types of coaches are primarily concerned with the competency, skills, and techniques of the player, as they pertain to winning the game.

Being a Transformational Coach you will focus on all 3 dimensions of the person:

<u>Body</u>	<u>Mind</u>	<u>Heart</u>
<ul style="list-style-type: none"> • Physical Development i.e. muscle and cardiovascular development • Nutrition Education—Affects all 3 dimensions • Sleep—Affects all 3 dimensions • The Coach must help the athlete go beyond what they believe are their limits. 	<ul style="list-style-type: none"> • Teach them that what they expose their minds to will affect them. • The Coach must help the athlete go beyond what they believe are their limits. • Create an environment that helps the athletes believe they can accomplish all things. • Stress Academic Importance • Teach the Sport i.e. strategy, schemes, plays, etc. 	<ul style="list-style-type: none"> • The student athlete needs to know that they are loved unconditionally--Agape. This needs to be modeled. • Unconditional love leads to trust which leads to a solid Family. • Relationships need to be developed amongst the players and coaches.