



THE GOLDEN RULE

TIME OUT - WEEK 5



THEME VERSE

"Do to others as you would have them do to you."

~ Luke 6:31 ~



COACH APPLICATION

This is an important concept for coaches in both how you treat your players and officials. Before you ever open your mouth to argue or criticize, you should always put yourself in the other person's shoes and think about how you would like it if you were on the receiving end. Also, you should exercise kindness in regards to how hard you push your players. You must push them in order for them to get better, but make sure you always have their best interests in mind. Your team will follow your lead, so if you live out the "Golden Rule," then they will be more likely to show kindness.



PLAYER APPLICATION

PRACTICE

This one is easy - treat your teammates the way you want them to treat you. This means much more than just showing respect. You need to be there for each other on and off the field of play. Show kindness in the little things that you do, such as helping a teammate with a skill after practice. Always be encouraging and patient, and never be negative or short tempered. Listen to your coaches and trainers - trust that they are looking out for you. Remember, whatever you expect from others, you must expect more from yourself first. Show respect and kindness first because only then will you receive it.



GAME DAY

Showing kindness in a game is not as easy as showing kindness in practice, but it is still important. You can do this by doing things like helping people up when they fall, but you can also show kindness by the way you play the game. By playing by the rules and not playing dirty, you will be starting to live out the "Golden Rule" in the world of sports. You need to also show respect to coaches and officials during the game because that is what you would like from them. You may not always receive kindness in return, but if you don't show it first, you will surely never receive it.



As an athlete, I can be a **role model and **inspire** others.**

Therefore, I promise to...

Live with **integrity on and off the field of play;
Use my talents and gifts to **honor** my team, my family and my faith;
Hold myself **accountable** to a higher standard;
And work to have a **positive impact** on my community.**

-the right choice today athlete's pledge