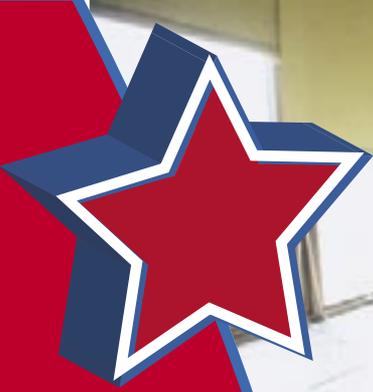


# Champions of Character

## INTEGRITY Part 3



**RESPECT**



**RESPONSIBILITY**



**SPORTSMANSHIP**



**SERVANT  
LEADERSHIP**

NATIONAL ASSOCIATION OF  
INTERCOLLEGIATE ATHLETICS



**The Star**  
THE STAR IN EDUCATION



# Champions of Character

*emphasizes five  
key core values*

## ★ **RESPECT**

Taking correction as a compliment.  
Giving 100 percent / 100 percent of the time.  
Listening with your ears and eyes.

## ★ **RESPONSIBILITY**

Focusing attention and effort.  
Recovering quickly from mistakes.  
Staying positive no matter what.

## ★ **INTEGRITY**

Your "yes" means yes and your "no" means no.

## ★ **SERVANT LEADERSHIP**

Putting your team first in every decision.

## ★ **SPORTSMANSHIP**

Reacting correctly even when others don't.

# Integrity in the family

Who was your very first teacher? A kindergarten instructor? Preschool teacher? Not quite.

Your parents were your first teachers – and unlike a teacher you'll have for a year before you move on to the next grade, your mom and dad are teachers that you'll have for many years. Your home is a classroom, and how your family interacts is a daily lesson in integrity.

Whether you realize it or not, your parents are role models. Not just during important stressful times, but during your family's day-to-day routine. What sort of lessons are you learning about integrity?

## Family Code of Ethics

Talk to your parents about developing a family code of ethics. You already have behaviors that your family has agreed upon – but have you talked about them? Do you know why these actions are the rule in your household?

A family code of ethics should address how your family acts with honesty and integrity. What is acceptable behavior? How does your family feel about:

- Academic dishonesty. Is it ever ok to take credit for someone else's work?
- Gossip. What's your family's policy on talking about others?
- Finders keepers. What do members of your family do if they find something that doesn't belong to them?
- Little white lies. Does your family think it's ever acceptable to fib?
- Consequences. What happens if a family member fails to act with integrity?

Talk about a family code of ethics with your parents – you might be surprised at what you learn. Parents are human, too, and people of all ages face challenges with honesty and integrity. What advice do your parents have on living honestly? Who are their role models?

## Know the Ground Rules

In any game, you need to know the ground rules before you can be successful. Life is the same way. Know what's acceptable. Know what's expected. And know you'll do the right thing.



# Role models or heroes?

The terms “hero” and “role model” are thrown around a lot these days. But what do they mean?

For some people, a hero is a person who overcomes great challenges. For others, a hero is someone who makes an impact on an entire society. You might consider a successful athlete a hero. Or, your hero might be a parent who works two jobs in order to support the family. Heroes come in all shapes and sizes.

There’s no one mold for role models, either. A role model is anyone who you look up to and turn to for leadership by example. You might consider a neighbor a role model. Or, your role model might be a leader who carries him or herself the way you want to carry yourself. No matter who your role models are, you are learning from them every day.

Everyone has to define for himself or herself what qualities make a hero and what qualities make a role model. Any way you look at it, integrity should play a part in who you admire. Maybe you have role models who you also consider heroes – there’s no rule here. The key is to find people who inspire you.

What traits do you think are important for a role model? What about for a hero?

- Is successful in his or her career
- Makes a lot of money
- Is famous
- Gets a lot of respect
- Is well educated
- Is polite
- Is honest
- Works hard
- Gives money to charity
- Values family
- Is religious
- Is athletic
- Helps others learn
- Has a sense of humor
- Is active in the community
- Is attractive
- Other:

(Source: Role Models on the Web,  
[www.rolemodel.net](http://www.rolemodel.net))

Finding heroes and role models isn’t about idolizing another person. It’s about identifying people that you can learn from and who can help you become the person you want to be.

## What to look for in a role model

### Accessibility

Sure, it would be cool to have a movie star or a professional athlete as your role model. But just how much one-on-one contact could you have with someone who lives across the country or who is constantly jet setting around the globe?

There’s something to be said for the resources in your own backyard. The most effective role models are available for personal interaction on an ongoing basis.

### Desire to teach

It’s hard to learn from someone who doesn’t care to share. Seek out role models who are excited to share what their experience has taught them. Outstanding role models aren’t necessarily the most successful people in their fields. However, outstanding role models are willing to share the good, the bad and the ugly in order to enhance your knowledge.

### Upstanding character

A role model can be anyone – a neighbor, a member of your religious community, a community leader. But all role models need to have integrity and follow sound morals. After all, how can a role model help you lead a successful and ethical life if they don’t do it themselves?

The bottom line in selecting a role model is to follow your heart. Find someone you admire, someone who takes an interest in you and someone with whom you just “click.” Our community is full of worthy candidates.



GO TO  
[www.naia.org](http://www.naia.org)  
FOR MORE INFORMATION

# INTEGRITY

Your "yes" means yes and your "no" means no.

## Acting with integrity, is demanding, rewarding

School activities and sports make many demands on participants. You have to maintain good grades to stay involved, and you must do what is asked of you – these are the basics. But the activities that are the most rewarding ask much more.

"I ask my student-athletes to continually demonstrate their commitment to excellence by being the best person and athlete that they can be," said Jeff Hulse, softball coach at Olathe East High School. "My athletes are asked to live and be an example of a Champion with Character. My teams and athletes strive to 'Do their very best, with all their heart, all of the time.'"

### And just what does that mean?

"They try to do their best at whatever they do, whether it's athletics, classroom work, job, relationships, etc., do what's right and treat others as they would want to be treated," Hulse said. "These are character traits I believe are very important."

Hulse's approach has a proven track record. His teams consistently win at the state level, and many players go on to participate on the college level. This kind of success is due to more than the athletic fundamentals of the game.

"I believe in order for my kids to be successful, I...need to teach such values as self discipline, dependability, accountability, mental toughness, selflessness, integrity and sportsmanship," Hulse

said. "To me, it's not just about wins and losses, but also about character development as well."

### So why is integrity so important in an athlete, a student and a human being?

"It's a character trait that can demonstrate a positive reflection of oneself," Hulse said. "A person with integrity is truthful, honest, caring and genuine, dependable and worthy of trust and respect."

"Integrity for an athlete is a simple concept – it's a choice of positive behavior and positive spirit," he said. "Integrity is a positive reflection on themselves and their sport. Athletes of integrity are the best representatives of their sport, their families and their society."

### When integrity is present, positive things happen. The opposite is true as well.

"When a person lacks integrity, it means they are usually untrustworthy, self-centered, and, as a result, are not respected by their peers and teammates," Hulse said. "This is a bad character trait and that individual can have a negative effect on a team."

Student-athletes with integrity not only have a positive effect on a team, but they act as role models for the entire community.

"Integrity is best exemplified by individuals in their sportsmanship and behavior during play," Hulse said. "They play fairly, respect the game, the officials' decisions and their opponents. They earn the respect of their opponent during competition. When they do something, they do it with conviction and do it right with their best effort."

## WHAT DOES INTEGRITY LOOK LIKE?

- 1 Integrity keeps commitments.
- 2 Integrity tells the truth.
- 3 Integrity takes a stand for what's right – even when it's not popular.
- 4 Integrity has a strong sense of self.
- 5 Integrity respects others, their beliefs and their skills.
- 6 Integrity is dedicated to a code of ethics.
- 7 Integrity has inner strength.
- 8 Integrity associates with people who have strong morals.
- 9 Integrity lends a helping hand.
- 10 Integrity has discipline and self-control.



"Love all, trust a few,  
do wrong to none."

# Stand up for your beliefs

Have you ever felt like you were the only person in the whole world who was paying attention?

Maybe all of your friends wanted to do something that you knew was wrong. Or perhaps you were the only person to speak up when you saw someone doing something wrong. Both of these situations require integrity – standing up for what you know is right.

## Integrity requires courage

Integrity is a powerful trait – but sometimes having integrity can be very lonely. Living ethically and honestly sometimes means that you're the only person speaking out or taking action. Integrity requires courage.

Rosa Parks embodied the power of standing your ground. When she refused to give up her bus seat to a white man, Parks' actions certainly

weren't popular with the other people on the bus. She caused trouble. She made the bus driver stop the bus. The police were called and she was arrested. Think about it: how must have the other people on the bus reacted?

## Live an ethical life

Being a person of integrity means standing your ground, even when it isn't the fun or popular thing to do. That's intimidating. But living an ethical life – even when it's challenging – pays off in so many ways.

Standing up for what you believe in feels good. Sure, it can be frightening to be the only person taking a stand. But knowing that you are being true to yourself and your beliefs is both freeing and empowering. If you can do this, imagine what other amazing feats you can accomplish!

## Living with integrity means:

- Not settling for less than what you know you deserve in your relationships.
- Asking for what you want and need from others.
- Speaking the truth, even though it might create conflict or tension.
- Behaving in ways that are in harmony with your personal values.

– Barbara De Angelis, best-selling author of self-help books

Your signature has value. Your handshake seals the deal.

– Bruce Brown, director of proactive coaching, NAIA special presenter, Champions of Character, Olathe, Kan.

*"Viewed up close,  
nobody is normal."*

– Caetano Veloso, Brazilian musician

# GAME PLAN

Five ways I can show integrity.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_



Photo submitted by NAIA



# Voices across America

## Making character an everyday goal

“Coaching offers an exceptional opportunity to have a positive effect on the lives of others. In this regard, perhaps no legacy of the coaching profession is more important than developing character in young people. A legacy is when part of your life or beliefs are relived in the lives of others.”

— Bob Wilson,  
director of athletics and men's basketball head coach,  
Vanguard University, Costa Mesa, Calif.

“A person with integrity has the courage to choose what is right.”

— Scott Wright,  
Blue Valley West High School  
varsity football coach

“Integrity means a lot to me. You must be honest with people or they won't be honest with you.”

## GET REAL

### Doing what's right

Every day the newspaper has stories about people with much integrity and just as many about people who are challenged when it comes to doing the right thing. Find a newspaper article about someone who showed a lack of integrity. What did he or she do wrong? Who did he or she hurt? Write a short essay on how your example could have had a different life if he or she showed some integrity.

### Making choices

Who do you admire? Is it because they use their talents and fame to do good things? With a classmate, choose someone famous and make a chart of bad choices and good choices he or she could make. For example, a basketball star could be mean to fans, hog the ball and speak badly of his teammates. Or he could raise money for charity, be a team player and visit children in hospitals.

“Every time that I stepped out onto the soccer field, I told myself that I was going to compete in a fair manner. I was going to respect my opponent and lead my teammates by my example of honest and integrity.”

— Matt Mueller,  
senior, two-time NAIA Scholar-Athlete  
All-America and captain, Columbia College men's  
soccer team

— Michelle Daughtry,  
volleyball team member, Dillard University

# History of women



## in sports

776 B.C.

The first Olympics are held in ancient Greece. Women are barred from participating, so they compete in the Games of Hera, a competition honoring the goddess who ruled over women and the earth.

1406

Dame Juliana Berners of Great Britain writes the first known essay on sports fishing.

1722

Elizabeth Wilkinson, a British fighter, enters the boxing ring.

1811

The first known women's golf tournament is held in Scotland.

1856

Catherine Beecher publishes the first fitness manual for women.

1875

The "Blondes" play the "Brunettes" in Springfield, Ill., in what is called "the first game of baseball ever played in public for gate money between feminine ball-tossers."

1884

Women's singles tennis competition is added to Wimbledon.

1885

The Association of Collegiate Alumnae publishes a study disproving the commonly-held belief that education makes women sickly and unable to bear children.

1892

A YMCA publication devotes an issue to women that dismisses the popular belief that women are too weak to exercise.

1895

Field Day is held at Vassar College. This event featuring running and jumping activities is thought to be the first organized athletic event for women.

1900

Nineteen women compete in the Olympic games in Paris. They play tennis, golf and croquet.

1914

The American Olympic Committee formally opposes women's participation in the games, with the exception of floor exercise. Women may participate but are required to wear long skirts.

1920

Female swimmers represent the U.S. in the Olympics. Ethelda Bleibtrey entered all three events and won gold in each.

1922

The National Amateur and Athletic Foundation is founded, dedicated to boys and girls being on "equal footing with the same standards, the same program and the same regulations."

1931

Women are banned from professional baseball after 17-year-old Virne Beatrice "Jackie" Mitchell strikes out Babe Ruth and Lou Gehrig

in an exhibition game. Saying that baseball is "too strenuous" for women, the baseball commissioner voids Mitchell's contract.

1949

The US Volleyball Association begins sponsoring a women's tournament.

1950

The Ladies Professional Golf Association (LPGA) is formed.

1966

The first intercollegiate women's basketball tournament is played.

1972

Congress passes Title IX. It states that schools receiving federal funding must provide athletic opportunities for women equal to the opportunities provided for men. At the time, about 31,000 women participated in college sports nationwide, and spending on athletic scholarships for women was less than \$100,000.

1974

Little League Baseball admits girls.

1978

The Amateur Sports Act of 1978 prohibits gender discrimination in amateur sports. Training facilities and money become more accessible to women and minorities.

1980

NAIA holds first women's sports championship.

1987

The first National Girls and Women in Sports Day is celebrated in the U.S.

1991

The women's college basketball Final Four is televised live for the first time.

1996

2.4 million girls play high school sports – including 819 football players, 1,164 wrestlers and 1,471 ice hockey players.

1999

More than 90,000 women participate in college-level sports. Spending on athletic scholarships for women has increased from less than \$100,000 in 1972 to almost \$200 million.

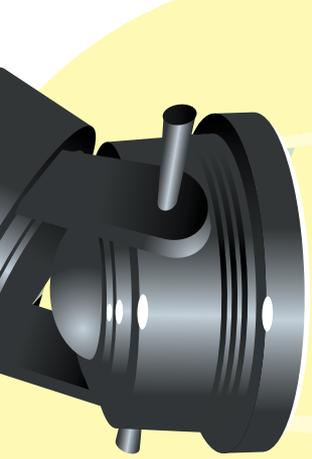
--St. Lawrence County Branch of American Association of University Women  
[www.northnet.org/stlawrenceaauw/timeline.htm](http://www.northnet.org/stlawrenceaauw/timeline.htm)



*“It was overwhelming, but at the same time, it was one of the proudest moments for all of us, just in terms of where the sport has come, and not just our sport, but women's sports.”*

— Mia Hamm,  
world championship  
and Olympic gold  
medallist soccer  
player, about the USA  
winning the 1999  
Women's World Cup





# SPOTLIGHT

## INTEGRITY IN ART FOSTERS CREATIVITY, RESPECT, ABILITY

Students in Katy Torres' art classes get ideas from all kinds of places. But how they interpret these ideas leads to unique art that reflects each individual.

"You can get ideas from other artists – classmates or other artists – but you have to make it your own," Torres said.

Torres' classes at Oxford Middle School in the Blue Valley School District encourage students to take inspiration from the world around them and transform it into distinctive art.

"I always have my students use resources and look at other artists," she said. "I talk about how I was in college – I always chose the seat next to the person who I thought was the best artist. You do better work! That's why I'm always changing my students' seats – so they can learn from each other."

### Being true to you

Having integrity means being true to yourself and your vision. There are few times

where  
being  
true

to yourself is as intimidating as creating an original work of art that is going to be viewed and possibly critiqued by your peers.

"In middle school, there's nothing worse than being different," Torres said. "A lot of times, students make artwork they think would be acceptable to their peers – not what they feel creatively."

### Expect respect

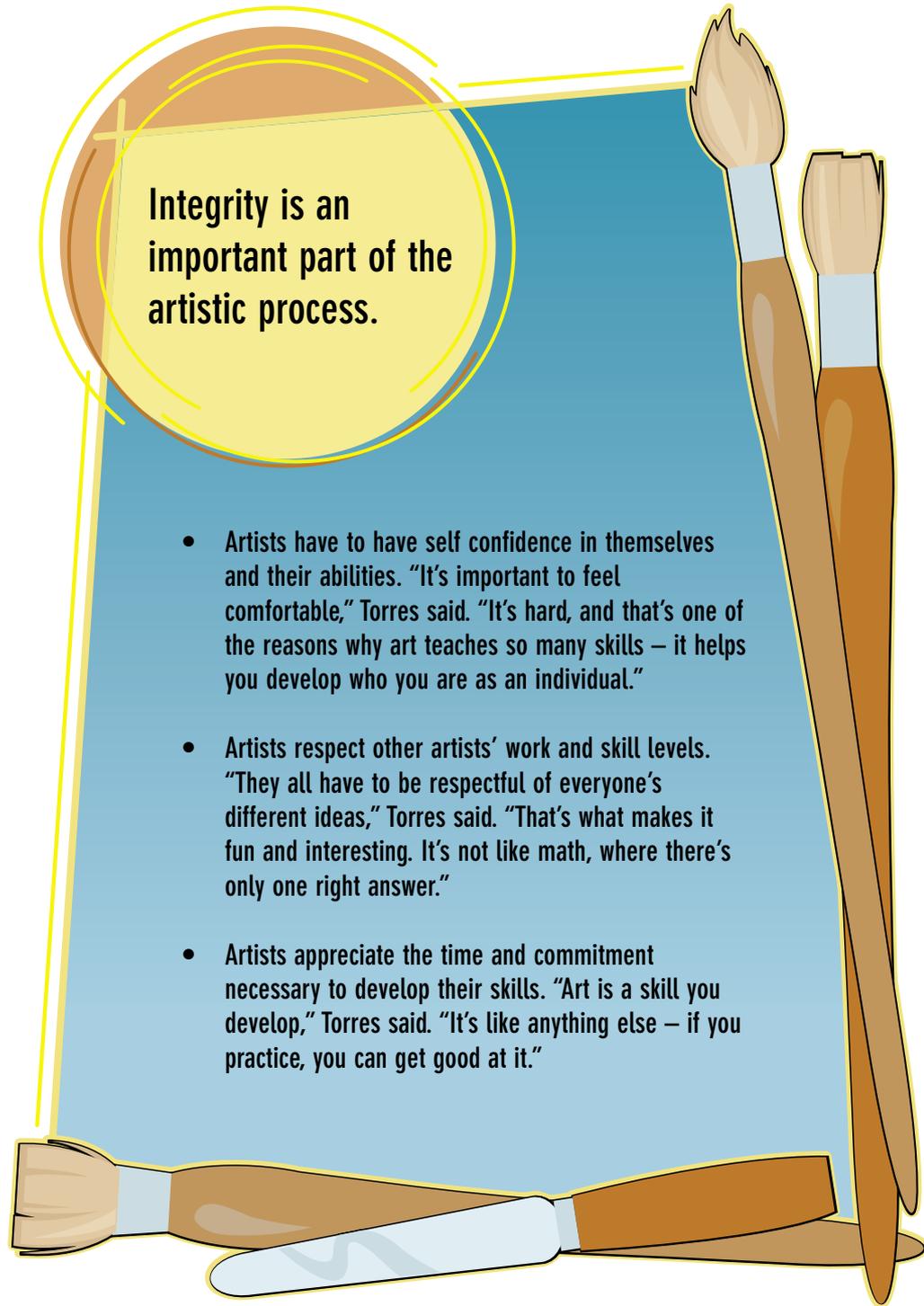
Torres puts this into perspective. "If we were all exactly the same, it would be a very boring world," she said. "I don't expect you to agree with everyone or get along with everyone, but I do expect you to respect everyone."

That respect means art students must appreciate classmates' abilities – and their own.

"Even someone that you wouldn't label as a good or talented artist – maybe their skills aren't necessarily as advanced yet – they still have great ideas," Torres said. "Everyone interprets things differently. When I give an assignment, all the students hear same instructions, but I get 30 different results."

Integrity is an important part of the artistic process.

- Artists have to have self confidence in themselves and their abilities. "It's important to feel comfortable," Torres said. "It's hard, and that's one of the reasons why art teaches so many skills – it helps you develop who you are as an individual."
- Artists respect other artists' work and skill levels. "They all have to be respectful of everyone's different ideas," Torres said. "That's what makes it fun and interesting. It's not like math, where there's only one right answer."
- Artists appreciate the time and commitment necessary to develop their skills. "Art is a skill you develop," Torres said. "It's like anything else – if you practice, you can get good at it."



*"Don't compromise yourself.  
You are all you've got."*

– Janis Joplin, rock star