

NPO 169-144

Address: Digger's Rugby Club, 58-60 Silver Pine Ave, Randburg, 2194

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CLUB VALUES IN ACTION

What does it mean to live our values in action?

Who do you need to be, let go of or make a decision about to honour our values?

- **Promote inclusivity and diversity in sport and equality for all**

Inclusivity: an intention or policy of including people who might otherwise be excluded or marginalized, such as those who are handicapped or learning-disabled, or racial and sexual minorities.

Diversity: It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies.

Equality for All: means that no person can/should be judged or held back from any opportunities based on reasons such as race, colour, religion or gender.

- **We stand for mutual and self-respect**

To honour yourself with authentic expression of who you are and integrity in your actions. Respect yourself enough to allow the difference of opinions with other. The level of thinking where right and wrong thrive, are where to be right you would have to make some else wrong. Tolerance for others values that may be out of your spectrum of understanding. Respect for other means to exercise tolerance for the value of difference it bring a situation or perspective.

- **Good sportsmanship**

Respect – Athletes should display proper respect and courtesy, and maintain civility toward opposing coaches and athletes, game officials and spectators at all contests. Most importantly, athletes must respect the game and uphold its virtues.

Listening – A player with good sportsmanship listens to and follows the directions of the coach, realizing that each player's decisions affect the rest of the team.

Communication – If a player has disagreements with the coach, the player discusses the disagreements privately in a civil manner, away from the public eye.

Responsibility – Designated leaders bear the responsibility of teaching the value of sporting conduct in both word and deed to their athletes. The use of foul or vulgar language is inconsistent with this responsibility.

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Discipline – There is no place in athletics for taunting, embarrassing or humiliating an opponent or game official. Everyone must be made aware of the consequences when failing to abide by the acceptable code of conduct.

Humility – Sportsmanship understands that failure is part of the game. The player with good sportsmanship does not use the occasion to make excuses or blame. They maintain composure, learn from their mistakes and prepare for the next competition.

Self-Control – Sportsmanship exercises self-control with game officials during competition and refrains from approaching officials to address them in a disrespectful manner. Part of the human condition is making mistakes.

Rules – Part of good sportsmanship is knowing the rules of the game and playing by them. It is the athlete's responsibility to learn not only how to play but how to play according to the rules to allow competitive games to be played in an orderly fashion.

Accountability – Coaches and athletes must live up to their own highest personal standard of sportsmanship, even when their opponents may not. Personal accountability and respect for one's own standards must be your first priority.

Honour – The responsibility to demonstrate and develop character and sportsmanship should never be subordinated to the desire to win. The vital lessons and intrinsic value of sports are acquired through the competition and honourable pursuit of victory, rather than the outcome itself.

Excellence – Personal mastery, increased skill development, as well as performing to the best of your abilities are the hallmarks of good sportsmanship. Everyone can be a success because success relates to the effort put into realizing one's personal potential.

Teamwork – Good sportsmanship implies that the player on a team is a team player. In other words, the player understands that his or her behaviour reflects on the team in general. Moreover, a team player does not condone unsportsmanlike conduct from teammates.

Encouragement – Sportsmanship praises teammates when they do well and comforts and encourages them when they make mistakes. Criticizing teammates in the heat of battle simply distracts from the focus of working together and gives the advantage to the opponent who develops a sense of confidence when seeing signs of weakness or a lack of unity in the midst of the competition.

Gratitude – Coaches and athletes must understand that competing in athletics is a privilege, not a right. Be grateful for the opportunity to compete, be grateful for challenging opposition, be grateful for your skills and talents and never take any part of the game for granted.

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Role Modelling – Modelling sportsmanlike behaviours within the sporting environment increases an athlete's demonstration of sportsmanlike behaviours. Thus, what coaches do on the playing field or in the gym sends a message about appropriate behaviours to their athletes.

Rewards – Any behaviour (good or bad) that gets rewarded gets repeated. It crucial that we recommit ourselves to guiding our athletes, reminding them what sportsmanship is all about, rewarding them for showing good sportsmanship and showing, by our example, that sportsmanship is still alive and valued in sports today.

- **Open & Honest Communication**

Be flexible, listen well, be patient, be intuitive, communicate with a genuine curiosity to get another's perspective, share your opinion and perspective of the situation and or the impact another action has had on you. If need be agree to disagree and respect the difference of opinion

- **Promote a safe, welcoming & harassment free environment**

Practice mindfulness in your words and actions to ensure you lead with love and remain open minded and tolerant of perceived differences. Everyone deserves a space to feel welcomed where no masks or walls are required for self-preservation.

- **Live your best life**

Have Fun - Maintaining a "Fun is Number 1" attitude. If everyone is having fun, it'll make learning all aspects of the game more enjoyable and rewarding. A good sportsman has fun because they enjoy playing the game more than the final outcome.

Health & Well-Being - To empower and promote a healthy, active lifestyle where health is a state of complete physical, mental, emotional, spiritual and social well-being

I, _____ agree to uphold the above values in action as a member of Jozi Cats Rugby Club at all times, on and off the field when representing Jozi Cats Rugby Club and while wearing the Jozi Cats Club uniform.

Signature:

I, _____ have read and understood the policy and will abide by it as a member of the Jozi Cats Rugby Club.

Signature: