



### The Spirit of Sport Campaign

The Spirit of Sport campaign is designed to help us rediscover and reemphasize the good things in sport. The campaign's aim is to focus on such things as effort, determination, mastering new skills and striving for personal excellence. Spirit of Sport celebrates athletes who take part in true and honest competition; athletes who strive for victory.

### The Spirit of Sport Checklist

The Spirit of Sport checklist is a tool that was developed to help people involved in sports to assess whether or not they are getting the most out of their sport participation. The checklist can be used in a variety of settings (as a discussion piece in a physical education class, as a self-assessment tool before a competition, etc.) by many sport influencers such as teachers, coaches, parents, recreation community leaders.

The Spirit of Sport Foundation has also developed other educational programs such as spirit of Sport Triumph awards that could help complement the spirit of Sport checklist.

**Sport** can be a tremendously positive force in your life; establishing attitudes, beliefs and behaviours that can be of great **value** to you. These positive values and qualities are all part of the **true** "Spirit of Sport." You get the most out of your sport experience when your motivations come from within yourself, when you are having **fun**. And you are more likely to continue and to excel in your sport when these conditions exist.

## "SPIRIT OF SPORT" CHECKLIST

DO YOU:

		A	B
1	• Think more about winning than how much you enjoyed the game?	YES NO	<input type="checkbox"/>
2	• Get stressed out by your sport involvement?	YES NO	<input type="checkbox"/>
3	• Give yourself positive feedback when you do well?	YES NO	<input type="checkbox"/>
4	• Get bored with your training?	YES NO	<input type="checkbox"/>
5	• Spend the time thinking of new ways to train or play?	YES NO	<input type="checkbox"/>
6	• On your own initiative, read about or study your sport?	YES NO	<input type="checkbox"/>
7	• Get really anxious about your performance?	YES NO	<input type="checkbox"/>
8	• Enjoy your sport?	YES NO	<input type="checkbox"/>
9	• Get very critical of yourself when you lose?	YES NO	<input type="checkbox"/>
10	• Feel pressured to cheat in your sport?	YES NO	<input type="checkbox"/>
11	• Enjoy trying to learn new skills?	YES NO	<input type="checkbox"/>
12	• Feel good if you performed well, even if you did not win?	YES NO	<input type="checkbox"/>

TOTAL

Subtract B from A =

Sometimes our initial motivations for participating in sport, those that typically come from within ourselves, become overshadowed by external factors such as a win-at-all cost attitude. You may then lose your sense of fun and enjoyment and perhaps even think about leaving your sport. The following checklist will help you decide whether or not you are getting the most out of your sport participation and to flag those things that can potentially take away from your experience, enjoyment and continued success.

### **Instructions**

For each "yes" answer, give yourself 2 points in the box on the right (A or B). Add column A and B separately and then subtract column B from A.

### **Scoring**

**A score of +8 to +12** indicates that you have discovered the true "Spirit of Sport" and you truly love your sport.

**A score of +3 to +7** indicates that you enjoy your sport, but with minor modifications you can increase your spirit of sport attitude.

**A score of +2 to -2** indicates that you may not be participating for the pure joy of sport. Try to concentrate on the positive aspects of the sport to increase your motivation.

**A score of -3 to -12** indicates you are not getting the most out of your sport. Remember to be the best you can be rather than trying to be only the best.

For more information, please contact the Spirit of Sport Foundation, 1600 James Naismith Drive, Suite 702, Gloucester, Ontario K1B 5N4. Tel: (613) 748-5755, Fax: (613)748-5746.

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