**Philosophy of Athletics**

There are times we are successful and also times when we are not. Winning and losing is a part of life for everyone. One of the hardest challenges is learning how to hold pride and satisfaction with oneself no matter what the outcome. It is commonly said we are our worst critics. It is important to realize that we will not always win in life even if we give it our all. The role of athletics in education encourages students to build characteristics such as leadership, discipline, commitment, teamwork, decision-making, and many others. Athletics provide students with the opportunity to better themselves in specific skills, but also as a person. Jim Courier once said, "Sportsmanship for me is when a guy walks off the court and you really can't tell whether he won or lost, when he carries himself with pride either way." My philosophy of athletics is that all participants will not only improve skillfully but more importantly learn to be proud of any outcome after trying their best. Educational goals of schools’ athletic programs focus on the competency in the sport, building strong characteristics, acting civil, and demonstration of citizenship. I want to be a part of coaching athletics because I think it is a great opportunity to teach all different types of students the quality of sportsmanship and pride as well as the sport itself.

In my eyes all types of athletic programs provide students with the chance to succeed physically. Rather than always focusing on homework, grades, family, friends and so forth, sport gives students a way to mentally check out of day to day challenges and physically check into the sport they love. My experience on a varsity team for four years made it very clear to me how important sports are in school. I think there are many benefits and purposes of athletics, one being fitness. A school goal is for a student athlete in a quality program is competent in terms of skill development, knowledge of the game/strategies and fitness, conditioning, and healthy behavior. When students are learning how important physically activity and a healthy lifestyle is, they are already improving their quality of life. Another educational goal of school athletics is that a student athlete in a quality program demonstrates citizenship through actions, showing evidence of loyalty, commitment, teamwork, and role modeling. Not only will the student be able to take these characteristics with them through sports and school, they will follow them into the work world as well. Athletes are learning the true aspects of life through sport.

My memories of athletics are held close to my heart. Teammates became family, championships became feelings of achievement, and failures became motivation to keep pushing. Whether participating with a team or an individual sport, athletes will learn the basic motivational concepts in enhancing themselves. Building characteristics a student athlete in a quality program demonstrates responsibility, accountability, dedication, trustworthiness, fair play, and self-control. If students are learning these qualities through sport, should we be encouraging all students to participate in a sport? I believe being involved in a sport truly helps students stay focused throughout school. As a coach I want to help these students figure out who they are and help them achieve goals to become better. Another school goal for athletics is when a student athlete is in a quality program they will demonstrate civility toward others with respect, fairness, and caring. These are lessons students will need for the rest of their lives. No matter where they go, or what they end up doing with their lives, being civil towards others is a value they need to conquer. Quality athletic programs give students the chance to grow as a person and develop into a well-balanced athlete.

To be a coach in a quality athletic program would be inspiring. Not only will I be able to see my students succeed at practice, I will see them focus and give it their all while competing. What I value as a future coach is the fact I will be able to help young players have fun through physical activity. Competitive challenges give off a natural thrill and excitement. My coaching style will be very interactive. I believe an effective coach teaches with many different styles to incorporate all athletes’ learning styles. It will be important for me to stay current on research revolved around my sport. Regarding staff, community, opponents, and officials, I will be respectful no matter what the outcome. It is important I teach my athletes by example in how to act in difficult situations.

I have always been interested in sports. I did not play many different sports; however watching them has always interested me. I think what I love is seeing how motivated people are, how driven up they are, and how ecstatic they are after achieving something. It is so amazing to watch the faces of athletes in achievement, but also in failure. It shows true emotions and how important the sport can become to someone. I think passion in life is something we all need. Coaching students and giving them passion about something will be rewarding in itself. Not everything about athletics is perfect, however when I coach I will have the power to decide how things will run. As I gain experience as a coach, my philosophy may change. But I truly believe that the importance of athletics is, and always will be, learning characteristics that we can take along for life.