



# The Code for Living

## *Life Principles Learned Through Sports*

***Because** I am a role model and have the opportunity and responsibility to make a difference in the lives of others, I commit to this Code. I will take responsibility and appropriate actions when I fail to live up to it.*

### **As an individual:**

- ✓ I will develop my skills to the best of my ability and give my best effort in practice and competition.
- ✓ I will compete within the spirit and letter of the rules of my sport.
- ✓ I will respect the dignity of every human being, and will not be abusive or dehumanizing of another either as an athlete or as a fan.

### **As a member of a team:**

- ✓ I will place team goals ahead of personal goals.
- ✓ I will be a positive influence on the relationships on the team.
- ✓ I will follow the team rules established by the coach.

### **As a member of society:**

- ✓ I will display caring and honorable behavior off the field and be a positive influence in my community and world.
- ✓ I will give of my time, skills, and money as I am able for the betterment of my community and world.

**Make the Code a part of your sports program! It will complement anything you are already doing or provide the foundation for character development for your athletes. It is free and available for all coaches, parents and teams. For more resources go to [www.abw.org](http://www.abw.org)**