



## A Rivalry To Be Proud Of

**Great rivalries are something to cherish and enjoy. A rivalry to be proud of involves three elements:**

- Intense competition in games, meets or matches.
  - Enjoyment of the opportunity to participate in the rivalry.
  - Behavior by athletes, coaches, and fans that supports a positive sports environment.
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**A Positive Sports Environment that will enhance a rivalry includes:**

- Living up to your own standards as the best version of yourself.
  - Treating those involved with dignity:
    - Opponents - recognizing that a worthy opponent brings out our best.
    - Officials - acknowledging the difficulty of officiating and behaving respectfully even when there is a disagreement or missed call.
    - Teammates - supporting and encouraging teammates.
  - Acknowledging and playing within the rules of competition.
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**How to Create a Rivalry to be Proud of:**

- Cheer for your team, not against the opposition.
- Model treating opponents, officials, and teammates with dignity so others will follow along.
- When others are not behaving respectfully, remind them to help create a positive sport experience for all involved.
- Refrain from gloating if your team wins. Just enjoy it!

