



***Sports Medicine for the Soul:
A Program for Developing
Character through Sports~
For the Catholic Heart***

*A Strategic and Intentional Program that Teaches the True
Common Core- CHARACTER*

A Program with Impact

Written and developed by: Traci Loiacono

www.sportsmedicineforthesoul.com

This Sports Medicine for the Soul program is licensed exclusively to

The Roman Catholic Diocese of Rochester Schools.

Licensing Agreement - All rights reserved. **No part of this publication may be copied, reproduced, distributed, or transmitted in any form or by any means to any other school, institution or program.** It may not be stored in a database or retrieval system, without a purchased license agreement. This program is intended to be purchased and utilized by individual purchasing entities, school districts and recreational programs. Please visit the website for purchasing information.

www.sportsmedicineforthesoul.com

Specific questions and purchase inquiries of program guides/banners/posters can be directed to: tlpublishinginc@gmail.com
traci@sportsmedicineforthesoul.com

The views of this program guide are solely of the author. The author takes no responsibility for the outcomes of this program.

In the spirit of aligning with the principles of this program of building character, it is with appreciation and **gratitude for showing character and following the licensing rules of this agreement.** Proceeds will be directed to "pay it forward" opportunities.

Copyright: © 2017 TLPublishing,Inc. All rights reserved.

Sports Medicine for the Soul

*A Good Coach can teach the
game...*

*A Great Coach can impact a
LIFE...*

*"I have the strength for everything through Him who
empowers me."*

Philippians 4:13

*This program provides a common language, common theme and a common thread that
intentionally provides a structure that will seek to build the character and mental strength
of all.*

Dear Coaches-

As we are continually looking for opportunities to make a difference in our youth, we are excited to embrace a new program that prioritizes a commitment to building character through our sports programs. We are introducing Sports Medicine for the Soul: A Program of Character Building through Sports. The program provides:

- *a program guide that is systematic in addressing character, with outlined discussions to be conducted for five minutes before practices, throughout a season (one topic per week/ or one topic per month)*
- *topics that include character, attitude, respect, confidence, integrity, mental strength, sportsmanship, good communication, healthy choices, and self-reflection*
- *structure to assure the qualities of character are systematically aimed to our youth and parent handouts for clear communication*
- *an opportunity for a coach/mentor to open a discussion, intentionally set a standard*

Sports Medicine for the Soul is a program designed to be used from a systems approach. It is essentially one program guide that is sold to a school, youth sports program, or recreation program. The purchasing entity receives the program as a PDF program and has lifetime copyrights to be used by all coaching/staff. The purchased PDF program guide is given to the athletic director, youth sports team president, or recreation director to disperse to their teams/staff. Every coach/staff member, for every team, from the purchasing entity has access to run this same character development program. In this way, the program provides a common language and common thread that strategically provides structure for developing character. The vision for this program is to have it uniformly taught everywhere so that all of our youth consistently hears the same, most valuable, life impacting message.

You will be sent a PDF copy of the program for your use with your team. The program is licensed to our school and is only to be utilized by our staff. It is not authorized to be forwarded or copied in order to be utilized by another non-licensed school/ program.

You may start to utilize the program with your team when you receive the forwarded PDF program. In addition, it will be great information to share in a briefing at your parent meetings. Please contact me if you need any further clarification.

You are in a tremendous position to make an impact. I respect and thank you for your commitment.

Very truly yours,

Your School Administrator

Purpose of this Program

The purpose of this program is to develop character through sports. This program will enrich those who have already learned to display character, benefit those who are starting to emerge, and transform those who have never been taught these vital life skills.

Who will benefit the Sports Medicine for the Soul Program?

This program is ideal for all team sports- from 5 year olds to professional athletes. It provides a common language, common theme and a common thread that strategically and intentionally with planned discussions that will seek to build character and mental strength.

Why this program?

This structured program is a simple way of making a meaningful difference in developing character. Spending five minutes targeting character development is an opportunity to make a broad and sweeping impact in the lives of others. Sports provide an ideal environment to teach and reveal character.

Why is it important for coaches to use this program?

- Coaches can have a strong influence to be used for the greater good.
- Coaches are in a privileged position to make a meaningful contribution in developing character.
- Coaches build mental strength of athletes on their team, which can enhance the overall performance of their team.
- Coaches can represent their own personal strength and character while coaching.

Five Minute Directions for Implementing this Program

This program identifies 10 qualities as **"Sports Medicine for the Soul."**

The Coach will:

1. Explain that the class/ team is using a program to develop the qualities of character.
2. Identify and introduce the weekly identified character trait, the definition, the examples, and the Bible verse application.
3. Discuss the character trait as a group.
4. Reinforce and praise the identified trait throughout class/practice.
5. Send information letter and inspiration quotes home, for parent communication and support.

Measurement of Impact

Success is to develop the mind, body and spirit of an athlete. Each trait can be a focus for an entire week or an entire month, depending on your programming needs. Each student/athlete will be expected to demonstrate one trait of the "Sports Medicine" qualities below.

"Sports Medicine Traits" - the Focus for Character Development

- Trait 1- Strong Character
- Trait 2- Positive Attitude
- Trait 3- Respect
- Trait 4- Confidence
- Trait 5- Integrity
- Trait 6- Mental Strength
- Trait 7- Good Sportsmanship
- Trait 8- Good Communication
- Trait 9- Healthy Choices
- Trait 10- Self-Reflection Skills

*Coaches may choose to chart character qualities to measure impact.

© 2017 by TL Publishing, Inc. All rights reserved.

Strong Character

Trait 1

"Character is the way someone thinks, feels, and behaves: someone's personality," (www.Merriam-Webster.com, 2017). You represent strength and consistency with your positive choices and actions when you have strong character.

Qualities of strong character:

- You know your beliefs and stand behind them.
- You are intentional in making good choices.
- You consistently represent your values.
- You treat all people with dignity and respect because you care about their well-being.
- You have an inner strength that draws people to you.
- *Remember this Bible verse for strength in character: "...the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control."*

Galatians 5:22-24

Group Discussion-

Share ideas in a group discussion about strong character traits. Ask team members to share ways that they can demonstrate character.

Coaches: tell your athletes that you will be looking for strong character traits on and off the field / court/ rink...

Positive Attitude

Trait 2

"An attitude is a mental position with regard to a fact or state; a feeling or emotion toward a fact or state," (www.Merriam-Webster.com, 2017). The definition of positive is defined by the dictionary as "having a good effect; favorable; marked by optimism."

Qualities of a positive attitude:

- Your actions and words are positive.
- You have inner strength that is respected.
- You believe good things will come in every circumstance.
- You see the best in people and situations.
- You encourage others with your positive outlook.
- ***Remember this Bible verse for strength in having a positive attitude: "Finally, brothers and sisters, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, and whatever is gracious— if anything is any excellence or worthy of praise, think about these things." Philippians 4:8***

Group Discussion

Share ideas in a group discussion about having a positive attitude. Ask team members to share ways that they can demonstrate a positive attitude.

Coaches: tell your athletes that you will be looking for a positive attitude on and off the field / court/ rink...

Respect

Trait 3

Respect is defined as a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way (www.Merriam-Webster.com, 2017).

Respect is reciprocal. When you give someone respect you gain respect. The respect you gain may be from the person you gave the respect to, or the respect you gain may be from someone watching you.

Self-respect is an extremely valuable trait. It is feeling good about yourself for your actions and your choices.

Qualities you have when you are respectful:

- You listen politely.
- You do not interrupt.
- You make positive eye-contact.
- You have appropriate body language (standing/sitting appropriately, head up, shoulders back, etc.).
- You choose constructive words to communicate when it is your turn to speak.
- You use a positive tone of voice.

You receive gratification when you give another person respect:

- You feel good because you acted with respect.
- You have honor because of your qualities.
- You have self-respect.

- *Remember this Bible verse when praying for respect:: "We know that all things work for the good for those who love God, who are called according to his purpose." Romans 8:28*

Group Discussion

Share in a group discussion your ideas about showing respect. Ask team members to share ways that they can show respect.

Coaches: tell your athletes that you will be looking for respectful choices on and off the field / court/ rink...

© 2017 by TL Publishing, Inc. All rights reserved.

Confidence

Trait 4

Confidence is defined as a feeling or belief that you can do well or succeed at something (www.Merriam-Webster.com, 2017). Confidence comes from knowing your strengths. It comes from preparing for your goals and growing toward achieving them.

Qualities you demonstrate when you have confidence:

- You have a strong belief that you can accomplish a goal.
- You know that you possess mental and physical endurance.
- You feel strong knowing you exhibit authentic character traits.
- You consistently use positive self-talk to maintain your confidence.
- You are completely comfortable with your choices and interactions.
- ***Remember this Bible verse when praying for strength in confidence: "I have the strength for everything through Him who empowers me." Philippians 4:13***

Group Discussion

Share in a group discussion your ideas about having confidence. Ask team members to share ideas about ways they can show confidence.

Coaches: tell your athletes that you will be looking for confidence on and off the field / court/ rink...

Integrity

Trait 5

Integrity is defined as the quality of being honest and fair (www.Merriam-Webster.com, 2017). Circumstances will come and go but integrity will stay forever. It is one of the most valuable qualities.

Qualities you demonstrate when you have integrity:

- You are honest and truthful.
- You show positive leadership in sports and life.
- You identify your values and show them through your actions.
- You do the right thing when others are not looking.
- You align yourself with the people who are making the right choices.
- You do the right thing, even when it is hard.
- ***Remember this Bible verse when praying for integrity: "Cast your cares on the Lord and he will sustain you; He will never let the righteous fall." Psalm 55:22***

Group Discussion

Share in a group discussion your ideas about having integrity. Ask team members to share ideas about the ways they can show integrity.

Coaches: tell your athletes that you will be looking for integrity on and off the field / court/ rink...

Mental Strength

Trait 6

Endurance is defined as the ability to do something difficult for a long time (www.Merriam-Webster.com, 2017). You are strong in your mind consistently over time when you demonstrate mental strength and endurance.

Qualities of mental strength and endurance:

- You strive to achieve positive thinking and positive self-talk.
- You practice positive problem solving.
- You focus to achieve goals with a plan.
- You persevere to achieve your personal best based on your own personal strengths.
- *Remember this Bible verse when praying for increase in mental strength, while remembering that God will give you the strength: "Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen you, I will help you. I will uphold thee with the right hand of my righteousness." Isaiah 41:10*

Group Discussion

Share in a group discussion your ideas about demonstrating mental strength /endurance. Ask team members to share ideas about ways they can show mental strength.

Coaches: tell your athletes that you will be looking for mental strength on and off the field / court/ rink...

Good Sportsmanship

Trait 7

Sportsmanship is defined as conduct (as fairness, respect for one's opponent, and graciousness in winning or losing) becoming to one participating in a sport (www.Merriam-Webster.com, 2017).

Qualities of good sportsmanship include:

- You shake hands respectfully and extend a hand if needed
- You win humbly and lose gracefully.
- You build others up with advice or praise.
- You strive for your own personal best.
- Spectators watch you, respect your traits, and want you to achieve success.
- ***Remember this Bible verse when praying for good sportsmanship qualities:***
"Better it is to be of a humble spirit with the lowly, than to divide the spoil with the proud." Proverbs 16:19

Group Discussion

Share in a group discussion your ideas about demonstrating good sportsmanship.
Ask team members to share ideas about ways they can show good sportsmanship.

Coaches: tell your athletes that you will be looking for good sportsmanship on and off the field / court/ rink...

Good Communication

Trait 8

Communication is defined as the act or process of using words, sounds, signs or behaviors to express your ideas, thoughts, feelings, etc., to someone else (www.Merriam-Webster.com, 2017).

Qualities of strong communication skills:

- You listen and respond respectfully and consistently.
- You make eye-contact and shake hands respectfully.
- Your body language is positive (you stand tall, shoulders back, you look engaged).
- You are genuinely interested in wanting positive interaction.
- You listen respectfully to various ideas of individuals and give positive and constructive feedback to the person speaking.
- ***Remember this Bible verse for strength in communicating: "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Ephesians 4:29***

Group Discussion

Share in a group discussion your ideas about demonstrating strong communication skills. Ask team members to share ideas about ways they can show good communication.

Coaches: tell your athletes that you will be looking for strong communication skills on and off the field / court/ rink...

Healthy Choices

Trait 9

Healthy is defined as enjoying health and vigor of body, mind, or spirit (www.Merriam-Webster.com, 2017). What you choose to think, say and do all comprise healthy choices.

Qualities you demonstrate when you make healthy choices:

- You consistently practice positive thinking.
- You intentionally choose music, television, websites, books and magazines that encourage good messages.
- You avoid alcohol and drug use, as you know the risks and impact it has on compromising your potential.
- You choose to live a life of healthy eating and exercising.
- You put yourself with people and in situations where others are choosing healthy choices.
- ***Remember this Bible verse for remembering to make healthy choices: "Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23***

Group Discussion-Share in a group discussion your ideas about demonstrating healthy choices. Ask team members to share ideas about ways they can show healthy choices.

Coaches: tell your athletes that you will be looking for healthy choices on and off the field / court/ rink...

Self-Reflection Skills

Trait 10

Self-reflection is defined as careful thought about your own behavior and beliefs (www.Merriam-Webster.com, 2017). When you self-reflect, you are able to define your own accountability. You can develop a sense of what is going well in your life, as well as areas for improvement.

When you self – reflect, you are asking yourself:

- What is my plan to define my beliefs and values about character?
- Am I showing the qualities of good character?
- What is my plan to improve any aspect of my character?
- What is my plan to identify my need for help or advice from a trusted source?
- How am I going to be sure to recognize and celebrate my strengths and accomplishments?
- ***Remember this Bible verse for strength in reflection: "Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart." Jeremiah 29:12-13***

Group Discussion-Share in a group discussion your ideas about demonstrating self-reflection skills and how it relates to character. Ask team members what their plan is to develop a goal from self-reflection.

Coaches: tell your athletes that you will be looking for evidence of self-reflection skills on and off the field / court/ rink...

Dear Parents,

We are enthusiastic and optimistic about implementing the program,
Sports Medicine for the Soul: A Program of Character Development through Sports.
It is a tremendous program intended to develop strong character through sports. In this program, meaningful opportunities are established to build and celebrate character.

Each month, one identified character trait will be introduced. Definitions and the qualities of each character trait will be discussed for the first five minutes of class/practice. Discussions will reinforce how each character trait is an essential part of developing a well-rounded person. Bible verses will help to connect our children with their faith to guide their choices. We will be positively reinforcing each trait in our students/players.

| | |
|----------------------------|-----------------------------------|
| Trait 1- Strong Character | Trait 6- Mental Strength |
| Trait 2- Positive Attitude | Trait 7- Good Sportsmanship |
| Trait 3- Respect | Trait 8- Communication Skills |
| Trait 4- Confidence | Trait 9- Healthy Choices |
| Trait 5- Integrity | Trait 10- Self- Reflection Skills |

Please join us by discussing the identified trait each month and striving to integrate these traits into your lives. Together, we will make an impact in developing character, which is fundamental to success in sports and life.

We are committed to developing the faith and strength in our children, through building character.

Sincerely yours in coaching-

© 2017 by TL Publishing, Inc. Permission granted for printing and distribution.

Sports Medicine for the Soul

Character

Strong character means doing the right
thing,
when others are not looking.

Remember this Bible verse for strength in character: "...the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control." Galatians 5:22-24

Sports Medicine for the Soul

Positive Attitude

Think positive, be positive, live positive...and
you will attract positive experiences.

Remember this Bible verse for strength in having a positive attitude: "Finally, brothers and sisters, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, and whatever is gracious— if anything is any excellence or worthy of praise, think about these things."

Philippians 4:8

Sports Medicine for the Soul

Respect

Respect is one of the most valuable gifts. It
is earned from the inside out.

*Remember this Bible verse when praying for respect: "We know that all things work
for the good for those who love God, who are called according to his purpose."*

Romans 8:28

Sports Medicine for the Soul

Confidence

Confidence comes from knowing the right choices... and choosing them.

Remember this Bible verse when praying for strength in confidence: "I have the strength for everything through Him who empowers me."

Philippians 4:13

Sports Medicine for the Soul

Integrity

Wisdom knows the right path, integrity is taking it.

Remember this Bible verse when praying for integrity: "Cast your cares on the Lord and he will sustain you; He will never let the righteous fall." *Psalm 55:22*

Sports Medicine for the Soul

Mental Strength

Mental strength is developed with
consistency, over time.

Remember this Bible verse when praying for increase in mental endurance, while remembering that God will give you the strength: "Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen you, I will help thee; you. I will uphold thee with the right hand of my righteousness."

Isaiah

41:10

Sports Medicine for the Soul

Good Sportsmanship

Good sportsmanship is integrity in disguise.

Remember this Bible verse when praying for good sportsmanship qualities: "Better it is to be of a humble spirit with the lowly, than to divide the spoil with the proud."

Proverbs 16:19

Sports Medicine for the Soul

Good Communication

Good communication means respecting yourself and others~ with how you listen and how you respond.

Remember this Bible verse for strength in communicating: "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Ephesians 4:29

Sports Medicine for the Soul

Healthy Choices

Healthy choices will serve a lifetime of
feeling good with self-respect.

*Remember this Bible verse for remembering to make healthy choices: "Above all else,
guard your heart, for everything you do flows from it."*

Proverbs 4:23

Sports Medicine for the Soul

Self-Reflection

Self-reflection means being honest ...there is always something I am good at, there is always something I can improve.

Remember this Bible verse for strength in reflection: "Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart." Jeremiah 29:12-13

Sports Medicine for the Soul Program

Checklist for

“Character Qualities”

[illegible]

"Sports Medicine for the Soul"- Quotes to share for character inspiration:

Strong Character- "Strong character means doing the right thing, when others are not looking."

Positive Attitude- "Think positive, be positive, live positive...and you will attract positive experiences."

Respect- "Respect is one of the most valuable gifts. It is earned from the inside out."

Confidence- "Confidence comes from knowing the right choices and choosing them."

Integrity -"Wisdom knows the right path, integrity is taking it."

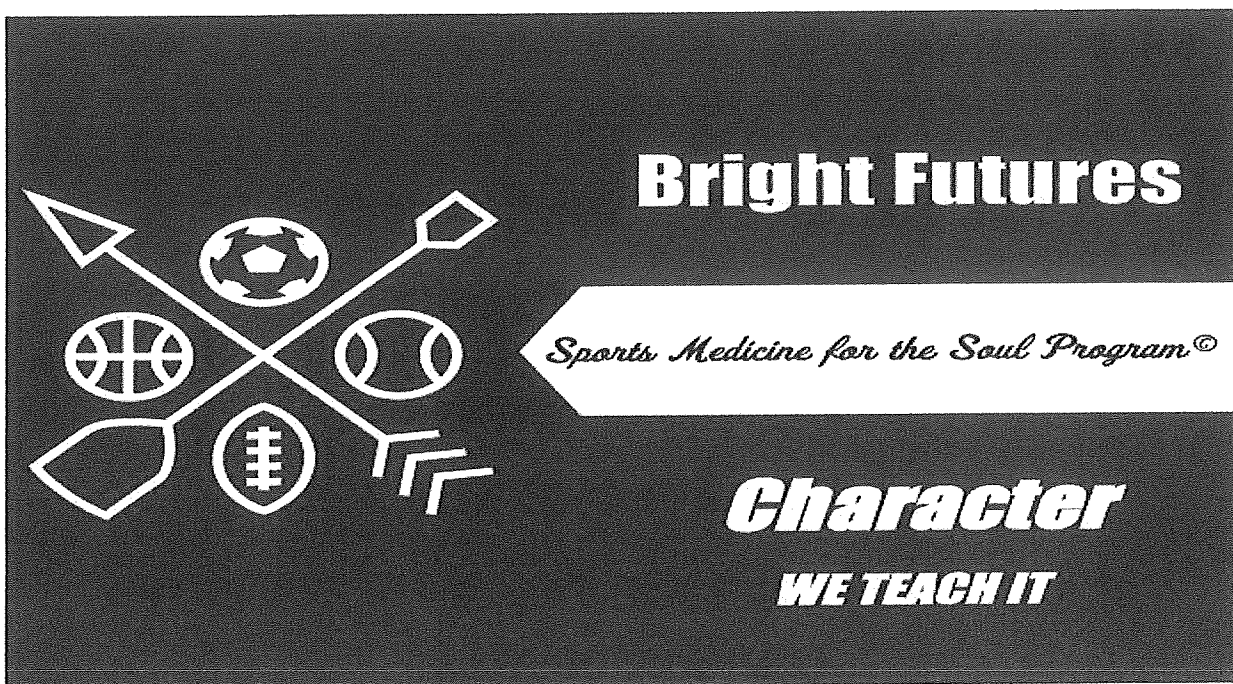
Mental Strength- "Mental strength is developed with consistency over time."

Good Sportsmanship- "Good sportsmanship is integrity in disguise."

Good Communication- "Good communication means respecting yourself and others with your words and actions."

Healthy Choices- "Healthy choices will serve a lifetime of character and self-respect."

Self-Reflection Skills- "Self-reflection means I can be honest...there is always something I am good at, there is always something I can improve."



Award Certificate for

Recognition and

Demonstration of

Good Character

**KNOW WHO YOU ARE ~ WHAT YOU STAND FOR ~ WHAT
YOU BELIEVE**

THIS WILL GIVE YOU THE CONFIDENCE TO

BE AUTHENTIC WITH ALL...

BE REAL WITH ALL...

BE THE SAME PERSON WITH ALL...

**BE THE MOST BEAUTIFUL VERSION OF YOU IN THE
COMPANY OF ALL...**

REMEMBER YOU REPRESENT YOU...

REMEMBER YOU REPRESENT YOUR FAMILY...

REMEMBER YOU REPRESENT YOUR SCHOOL...

LIVE PROUD AND ALWAYS REMEMBER

YOUR STRENGTH IN CHARACTER

References

Citation [Def 1-10]. (n.d.). In Merriam- Webster Online, Retrieved January 9, 2017, from <http://www.merriam-webster.com/dictionary/citation>.

The New American Bible: Washington, DC: United States Conference of Catholic Bishops, 2002.

