

HASTINGS YMCA

CHARACTER DEVELOPMENT WORKSHEET

The intent of this worksheet is to help develop character in youth through sports. At the Y, our areas of focus are Youth Development, Healthy Living, and Social Responsibility. These 3 goals is what we firmly believe will make the most impact in our youth. Part of Youth Development is to see youth develop in character. In this worksheet, our hope is to give you guided tools to see your team grow in character over the course of the season. Please, spend 5 or 10 minutes at every practice and game communicating the topics, enforcing them, and encouraging kids to develop in character. Thanks for making an impact!

Week 1: Practice and Game #1

Focus: Introduction to YMCA's Core Values

Desired Outcome: Build an understanding and begin to use as a foundation in youth sports through the YMCA's Core Values: Caring, Honesty, Respect, and Responsibility.

Discussion

1. Briefly share the YMCA's Core Values and explain each value.
2. Ask team: Why is it important to be caring, honest, respectful, and responsible?
3. Ask team: How can you show others, through sports, the YMCA values in sports?

Game Time: Remind team of the core values and encourage team to demonstrate **values** while playing the game. Praise kids that exemplify this behavior.

Week 2: Practice and Game #2

Focus: YMCA Sports Pledge

Desired Outcome: To learn this key element in Y sports and competing while using YMCA standards.

Discussion

1. Briefly spend time discussing the pledge and why we do it.
 2. Take the pledge line by line and analyze what each part means. For example: "How can you be a team player during practice or game?" Make it applicable to your team's age.
- "I pledge to play the game the best that I can", "to be a team player", "to respect my opponents, the rules and the officials", "and to improve myself in spirit, mind and body".

Game Time: Remind team of the pledge and encourage youth how to apply **the pledge** during the game. Praise kids that exemplify the sports pledge.

Week 3: Practice and Game #3

Focus: YMCA Core Value #1: Honest

Desired Outcome: To learn to be honest while playing sports, and in life.

Verse: Proverbs 12:22: God is not pleased with liars, but finds delight with those who keep their word.

Discussion

1. Briefly spend time discussing honesty and why being honest is important.
2. Read Proverbs 12:22 and relate it to being responsible. Make applicable to the ages on your team.
3. Ask team: How can you be honest while playing sports?

Game Time: Remind team about playing with honesty and encourage youth how to apply **honesty** during the game. Praise kids that exemplify honesty.

Week 4: Practice and Game #4

Focus: YMCA Core Value #2: Responsibility

Desired Outcome: To learn to be responsible while playing sports, and in life.

Verse: Romans 14:12: So then each of us will give an account to God for what we do.

Definition: The state of being accountable to something, having control over something or someone.

Discussion

1. Briefly spend time discussing responsibility and why being responsible is important.
2. Read Romans 14:12 and relate it to being responsible. Make applicable to the ages on your team.
3. Ask team: What are you responsible for? How can you be a responsible teammate?

Game Time: Remind team about being responsible and encourage how to apply **responsibility** during the game. Praise kids that exemplify responsibility.

Week 5: Practice and Game #5

Focus: YMCA Core Value #3: Respect

Desired Outcome: To learn to be respectful to coaches, teammates, opponents, and officials.

Verse: Luke 6:31: And as you wish that others would do to you, do so to them.

Definition: Feeling of admiring someone or something deeply for abilities, qualities, or authority.

Discussion

1. Briefly spend time discussing what respect is and why being respectful is important.
2. Read Luke 6:31 and relate it to being respectful. Make applicable to the age of kids on your team.
3. Ask team: How can you show respect to a coach, teammates, officials, opponents, or parents?

Game Time: Remind team about how/where to show respect and encourage how to apply **respect** during the game. Praise kids that exemplify respect.

Week 6: Practice and Game #6

Focus: YMCA Core Value #4: Caring

Desired Outcome: To learn to be caring in sports, and in life.

Verse: Philippians 2:4: Let each of you look not only to his own interests, but also to the interests of others.

Definition: Displaying kindness and the act of being concerned for others.

Discussion

1. Briefly spend time discussing what being caring is and why being caring is important.
2. Read Philippians 2:4 and relate it to being caring. Make applicable to age of kids on your team.
3. Ask team: How can you be caring in sports?

Game Time: Remind team about how/where to be caring and encourage how to apply **being caring** during the game. Praise kids that exemplify being caring.
