

# Building Sportsmanship - IODAI

- The IODAI committee is keen to put a focus on building sportsmanship amongst the Optimist fleet. For sailors of all ages this is an important skillset.
- This pack contains a series of worksheets, reflection exercises and games that the IODAI coaching team and event organisers can use during training sessions and events to promote an ethos of sportsmanship amongst the sailors.
- We also encourage parents to familiarize themselves with the content and language used – a consistent use of language and approach will support the mission of promoting sportsmanship across the fleets.





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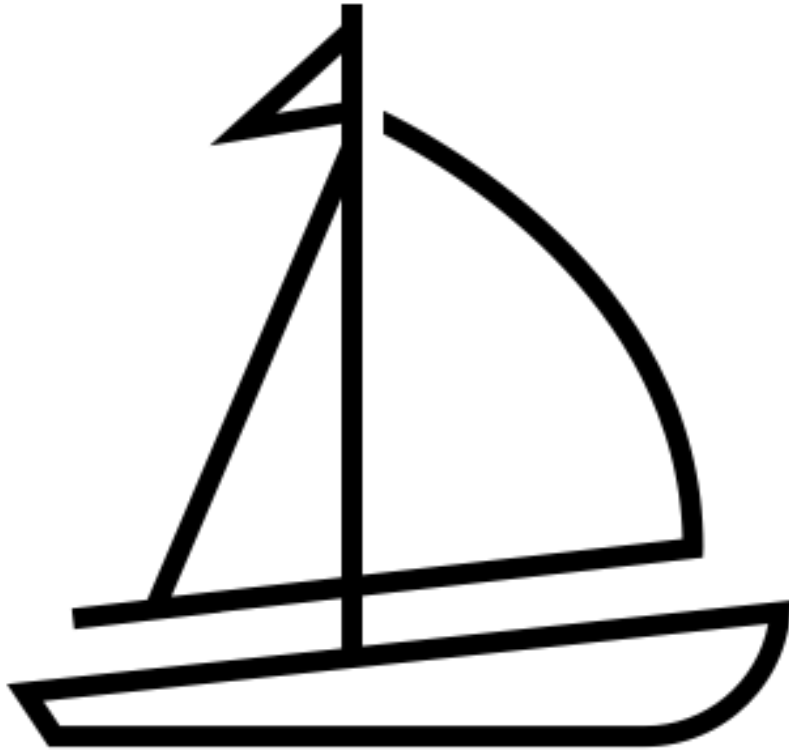
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# Reflection Worksheet: Am I a good sport?

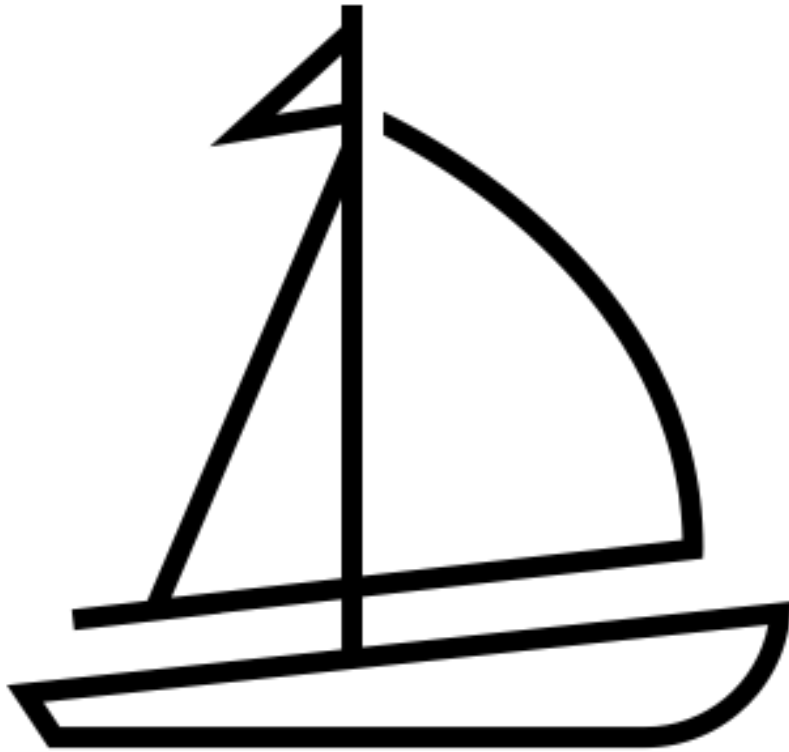
	Always	Sometimes	Never
Whenever I win, I congratulate the other person and don't brag			
I follow all the rules and I don't cheat			
Even though I might not win, I can still have a positive attitude			
I don't trash-talk or name-call anyone I'm competing against			
I am respectful and supportive to my clubmates and coaches			
I listen to everyone's ideas about how to compete			
I finish the race even though I know I will lose			
Whenever I lose, I congratulate the other person			
I use words to encourage others instead of tearing them down			
If I disagree with something I share my feelings kindly			
I cheer on my club mates - even if I'm not in the race			

# Am I a good sport?



- Notes for coaches:

- This worksheet is probably best used with older kids
- Useful to think about getting them to complete it in small groups or pairs and have them chat through the questions
- Encourage them to be honest – coaches sharing stories from their own experience can help with this

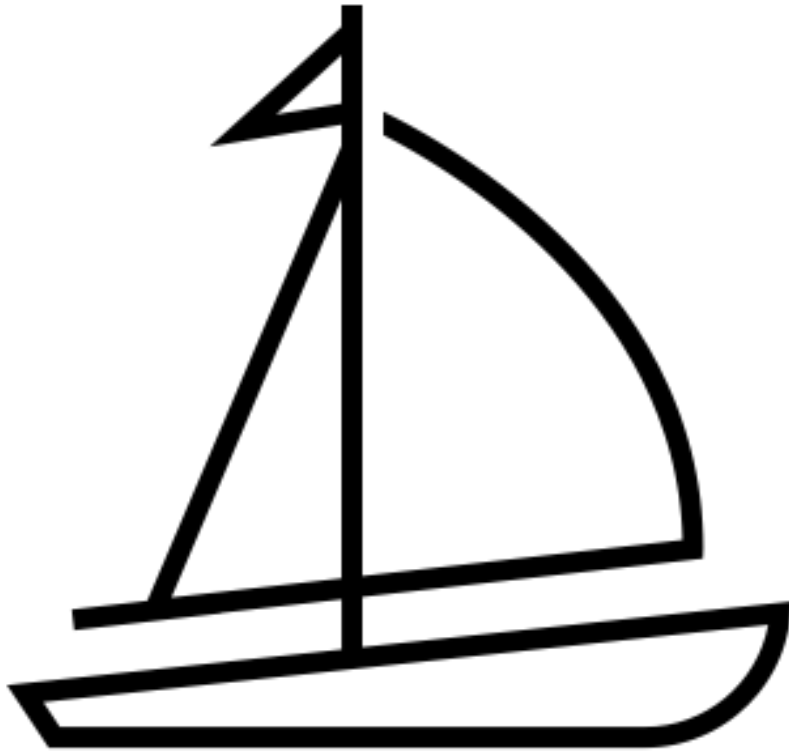


# Briefing & Debriefing Exercises



# Briefing & De-briefing Exercises

Exercise	How to	Coaches notes
<b>Pre-Race Good luck – full fleet</b>	<ul style="list-style-type: none"> <li>• At the end of the pre-race briefing, each child is asked to find someone in the fleet they don't know especially well and asked to say:</li> <li>•</li> <li>• “ Good luck, I hope today goes well for you”</li> </ul>	<p>The objective here is to have the kids pay attention to everyone in the fleet – not just the kids they are friends with. Encourage kids to approach kids they might not otherwise mix with.</p>
<b>End of the day reflection – used during debrief</b>	<ul style="list-style-type: none"> <li>• This harks back to the coaches awards in Regatta fleet – but the aim is to get the kids, not the coaches doing the selections.</li> <li>• Ask the kids to nominate 1 kid from the fleet for any of the following – this is just a suggested list, get creative:               <ul style="list-style-type: none"> <li>○ The best hustle – banged a corner etc.</li> <li>○ The best sport</li> <li>○ Funniest mess up</li> <li>○ Best roll tack</li> <li>○ Most spectacular capsize</li> <li>○ Best gear failure</li> <li>○ Coolest hat</li> </ul> </li> </ul>	<p>Would be great to have stickers so leaving the debrief the kids have their “award” on their chest            Intention here is not to give prizes            Really important that the kids do the nominating – not the coaches!</p>



# Training Group Exercises



# Training Group Exercises

Exercise	How to	Coaches notes
<b>Speed Dating</b>	<ul style="list-style-type: none"> <li>• Put the kids into pairs</li> <li>• 1 minute on the timer</li> <li>• Child 1 to Child 2 – today on the water I thought you did X really well e.g. had a great start, roll tacked really well, finished the race</li> <li>• Child 2 to Child 1 – today on the water ....</li> <li>• Sound timer – kids switch to next partner</li> <li>• Run approx. 5 rounds</li> </ul>	<ul style="list-style-type: none"> <li>• The objective here is to have the kids pay attention to everyone in the group – not just the kids they are friends with. Encourage pairings of kids who might not otherwise be mixing.</li> <li>•</li> <li>• For the older kids you could include a 2<sup>nd</sup> part – today on the water you did X really well, would have been great to see you do Y as well – some build or improvement</li> </ul>

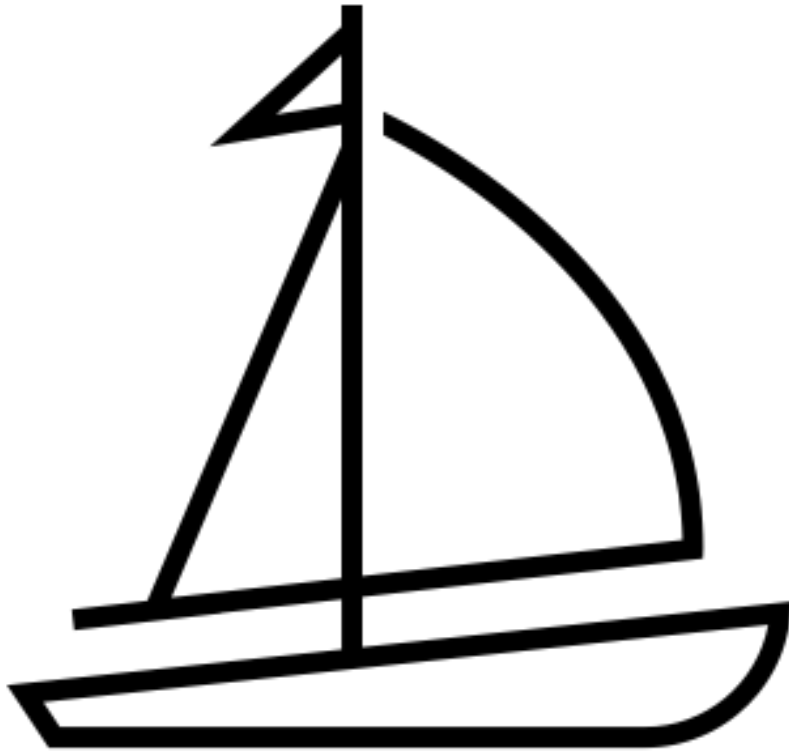


# Training Group Exercises

Exercise	How to	Coaches notes
<p><b>Racing Rule Practice</b></p>	<ul style="list-style-type: none"> <li>• When explaining the racing rules – use the kids as physical entities in the explanation. i.e. one child might be the marker, or the start line. One child might be the boat on starboard, the other on port.</li> <li>•</li> <li>• Run through the racing rule getting the kids to act out the rule – and an example of the infringement</li> <li>•</li> <li>• Include things like – Peter hit the mark but went off without doing his turns. Ask the kid in the boat behind what they observed. Deepen the discussion – how does it make them feel? What would they like to do next? What do they wish had happened?</li> <li>•</li> <li>• Now flip to Peter. Ask Peter why he hit the mark? Why did he not do his turns? How is he feeling now? What would he like to do next? What does he wish had happened?</li> </ul>	<ul style="list-style-type: none"> <li>• The above is just an example – but this is a game that could be played with any racing rule. It helps the kids embody the experience – the idea being that they will play better by the rules on the water if they have practiced, physically, the rules on land.</li> </ul>

# Training Group Exercises

Exercise	How to	Coaches notes
<b>Last Race Reflection</b>	Part 1: Pick the last race you were most disappointed with: <ul style="list-style-type: none"> <li>• What went wrong?</li> <li>• How did you feel?</li> <li>• What did you learn?</li> <li>• Share with group or in pairs/ small groups depending on group size.</li> </ul>	<ul style="list-style-type: none"> <li>• Probably best suited to older kids.</li> <li>•</li> <li>• Suggest asking them to write down their answers – you could do up a worksheet for them to complete. There is processing of how they feel about winning and losing implicit in the approach – and it’s really useful for them to express this.</li> <li>•</li> <li>• Try to avoid using the words winning or losing when running this exercise. The objective is to get the kids thinking about times things went well etc not necessarily a win</li> </ul>
	Part 2: Pick the last race you were most pleased with: <ul style="list-style-type: none"> <li>• What went well?</li> <li>• How did you feel?</li> <li>• What did you learn?</li> <li>• Share with group or in pairs/ small groups depending on group size</li> </ul>	



Games to promote team  
bonding & sportsmanship



# Games to promote team bonding & sportsmanship

Game	How to	Coaches notes
<b>I have never...</b>	<ul style="list-style-type: none"><li>• Sit kids in a circle – no tables or anything in the middle</li><li>• In the round ask them to finish the sentence – I have never.....</li><li>• Their sentence should be sailing related – I have never capsized, I have never gone turtle etc</li></ul>	
<b>Blindfolded Obstacle Course</b>	<ul style="list-style-type: none"><li>• Pair the kids up</li><li>• One kid is blindfolded the other is the guide</li><li>• The guide has to give instructions to the blindfolded kid to get them through the obstacle course</li><li>• Winning pair is the one that makes it through in the fastest time, with the least damage!</li></ul>	<ul style="list-style-type: none"><li>• Try to be creative in the selection of pairings</li><li>• Could make this sailing related by setting up the obstacles like a race course etc – use starboard and port instructions</li></ul>

## Games to promote team bonding & sportsmanship

Game	How to	Coaches notes
<b>Gear Recall</b>	<ul style="list-style-type: none"> <li>• Lay out a set of sailing gear on a table</li> <li>• Divide group into teams of about 5</li> <li>• One person from each team is nominated to go up to the table and view the contents – 10 seconds only</li> <li>• Rotate nominations until everyone on the team has viewed the contents – 10 seconds only</li> <li>• The teams are then challenged to recall all the gear – time this to heighten the tension</li> <li>• Winning team is the one with the most correctly recalled items</li> </ul>	<ul style="list-style-type: none"> <li>• For the older kids make this harder by using obscure items of Optimist rigging</li> </ul>
<b>Stack 'em high</b>	<ul style="list-style-type: none"> <li>• You will need a bunch of Red plastic cups – beer cups, most off licences sell them!</li> <li>• Break the group into teams of 3 or 4</li> <li>• The challenge is to build the highest tower in the shortest time – but the tower has to stay up for at least 1 minute</li> </ul>	<ul style="list-style-type: none"> <li>• You could get the kids involved by asking them to vote for the most creative, funniest tower, best endeavour etc.</li> <li>• Praise the efforts not the results</li> </ul>

# Building Sportsmanship

## – The role of Parents

Parents have an important role to play in supporting our initiatives to build sportsmanship in the fleet. They can help by:

- Cheer for all the children – even those competing against your child
- Thank officials, judges and volunteers
- Be a parent, not a coach – resist the urge to critique
- Praise effort, not just results
- Ask open, reflective questions of your child – how did today go? What worked well for you? What did you learn?
- Keep it fun for the kids!

