

- Honor visiting teams and spectators as your own guests and treat them as such. Likewise, behave as an honored guest when you visit another school.
- Be gracious in victory and defeat.
- Be as cooperative as you are competitive.
- Remember that your actions on and off the field reflect on you and your school.

## Purpose of Athletics in Schools

Athletics exists primarily because it is an important part of the student's full education. As an educational process, athletics and sports serve these purposes:

- To teach and instruct students in the rules, fundamentals, and skills of various individual and team sports, and to provide physical training.
- To provide healthy competition and cooperation within and between schools.
- To develop aspects of good sportsmanship that will enhance each student's education.
- To maintain the spirit of true amateur competition.

## Guidelines for Coaches

Coaches should adhere to these principles:

- Coaches shall remember that school athletics is a part of each student's education, not a goal in itself.
- Coaches shall assist each student toward developing his or her fullest potential in athletics.
- Coaches shall remember that the behavior of a team can reflect the coach's own manner, attitude, temper, and approach to athletics. Therefore, coaches shall conduct themselves in a way that brings credit to them, their teams, their schools, and their sports.
- Coaches shall be responsible for maintaining objectivity and a sense of balance commensurate with good sportsmanship.

## Guidelines for Players

Players and athletes should adhere to the following principles:

- Players shall represent themselves and their schools with honor, proper conduct, and good sportsmanship. They shall understand that competitive rivalries are encouraged, but

**KEY CONCEPT**

The athletic code of ethics emphasizes and values honesty, integrity, good sportsmanship, and proper conduct.

that disrespect for opponents is unsportsmanlike and lessens the value of the rivalries. They shall confine the competitiveness of the game to the field, and in particular behave properly on the sidelines and in the locker rooms, both before and after games.

- Players shall comply fully with the rulings of officials. In no way, by voice, action, or gesture, shall they demonstrate their dissatisfaction with any decisions made.
- Players shall adhere to the rules of the school and the athletic department.

**CONCLUSION**

The use of dietary supplements and performance enhancers is a controversial issue facing athletes of all ages. Substantial research has been done by sports medicine and nutritional experts on this issue. It is widely acknowledged that the use of supplements and enhancers can do more harm than good. Most organizations associated with athletics have banned the use of ergogenic aids.

Athletes need to understand the risks associated with the use of supplements and performance aids. Education can provide athletes, and everyone associated with athletics, the necessary information on dietary supplements and performance enhancers. As long as there are claims of increased performance from using a certain substance, there will always be people willing to give it a try. However, the best and safest way to improve performance is hard work. The rest will take care of itself.

**REVIEW QUESTIONS**

1. What is a dietary supplement?
2. Why do many athletes take supplements?
3. List five popular supplements on the market today. What are their benefits and dangers?
4. Give six examples of performance enhancers. What are their benefits and dangers?
5. What professional standards dealing with nutritional supplements and performance enhancers are promulgated by the International Olympic Committee and professional athletic organizations?
6. Why is education an important tool when dealing with issues of supplements and performance enhancers?
7. Why is it important for everyone involved in athletics to observe and follow an athletic code of ethics?