



Coach Note: Forming your Team as a Moral Community

As a coach minister, you have the opportunity to form your team into not only a cohesive group who plays well together, but a moral community who makes good decisions together. The members of a moral community think of others before thinking of themselves. Curbing a young person's desire to think of him or herself first can be challenging, but encouraging members of your team to be self-giving rather than self-gratifying will make an important difference in your team's success and, more importantly, in the moral growth of the individuals on the team.

Activities and Suggestions:

- Engage your team in establishing the team rules (include the input of your team captains or the whole team in creating these rules)
- In addition to the rules, establish expectations of behavior (moral norms) in the locker room, at practice, at school, after practice, and on the weekends.
- Choose a particular virtue or trait that the team can focus on throughout the season or even each week of the season. (examples include fortitude, humility, compassion...)
- The "Play Like a Champion Today" sign is a tradition of the Notre Dame football team that encourages players to feel like they are a part of something larger than themselves. Develop some team traditions that can motivate and unite the team together throughout the season and in sport years to come.
- Discuss together as a team the reasons why



Play Like A Champion Partner:
DePaul Catholic High School,
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"The key to life is not accumulation. It's contribution."

~ Steven Covey

The Golden Rule forms the foundation of morality. Hold a team discussion on this.

- What does the Golden Rule mean? (Do unto others as you would have them do to you.)
- Is there someone on my team who is bullied, excluded or just not included?
- How would I feel if this was me?
- What can I do about it?
- Does being a moral person help me to be a stronger Catholic?

any hazing rituals are not acceptable. Help the team establish positive alternatives for initiating new members on the team (i.e. a team service project or team motto).

- Frequently use language that stresses "we" rather than "I" and refer to members of the team in a personal way such as "our team family" or "team brotherhood".