



“How do I model sportsmanship and how will it support my future success in today’s world?”

This book represents the finalist and honorable mention entries in the 18th Annual MIAA Student Sportsmanship Essay/Multimedia Contest as voted by the MIAA Sportsmanship Committee.

Multimedia Category

First Place

Thomas McGaffigan – Cambridge Rindge and Latin School

Second Place

Chorr-Kin Chin and Maddie Lussier – Franklin High School

Literary Category

First Place

Jonathan Luders – Lynnfield High School

Second Place

Eryn Flynn – Ashland High School

Multimedia Category Finalists

Emily Bakalos, Molly Hines, Claire Candela – Maynard High School
Carolyn Norris, Diego Ramirez, Rory Copley – Maynard High School
Ally Morgan, Brianna Morey, Carly Rieter – Maynard High School
Sarah Bourget, Megan Doherty – Middleborough High School
Jonathan Correia, Murphy LePage – Dartmouth High School
Emily St. John, Ryan Swanson, Samantha Bakalos – Maynard High School
Donavan Roukos, Travis Tetreault, Jonathan Correia – Dartmouth High School
Sean Elephant, Patrick Connery, Sofia Rubio – Maynard High School

Literary Category Finalists

Akarsh Aurora – Ashland High School
Anne Broderick – Mount Alvernia High School
Daniel Wahlgren – Greater Lawrence Technical School
Caitlin Swanson – Middleborough High School
Amanda Novak – Smith Academy
Ashley Goncalves – Randolph High School
Emily Goglia – Greater Lowell Technical School
Elisha Wenc – Belchertown High School
Emma Milchunes – Pembroke High School
Brenden Alexander – Bishop Stang High School
Emily Donovan – Methuen High School
Rebecca Marchand – Methuen High School
Elena Baranoski – Smith Academy

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WELLNESS

to empower students to make healthy life choices

SPORTSMANSHIP

to teach respect for self, team, opponents, officials, rules, and the game itself

COACHES' EDUCATION

to provide resources for teacher-coaches who serve as curriculum instructors of educational athletics

LEADERSHIP

to promote the power of positive influence that student athletes and teacher-coaches share as role models

COMMUNITY SERVICE

to promote the privilege of athletic participation and the responsibility of giving back to the community

****FIRST PLACE****

Sportsmanship
Jonathan Luders
Lynnfield High School

NBA champion, Walt Frazier said, *“The star player must slay his ego and learn teamwork and communication skills before he can achieve the ultimate in sport.”* These words sum up the definition of sportsmanship in my mind. To *“slay his ego”* means total respect for the game and the realization that no one player is ever greater than the game itself. This is the humbling thought that no matter how good I think I am, there is always someone better. I must work hard to improve myself and to be the best sportsman that I can be every day by keeping my ego in check.

As a captain in both baseball and soccer, I understand that strong teamwork and communication skills are essential for *“the ultimate in sport.”* My job as captain is not only to be the best leader and sportsman I can be, it’s to motivate my teammates to believe in themselves and each other so that *they* can be the best players they can be. I try to model the words of legendary UCLA basketball coach, John Wooden, *“...when a game is over, and you see somebody that didn't know the outcome, I hope they couldn't tell by your actions whether you outscored an opponent or the opponent outscored you.”* The only thing I can control is my actions before, during, and after the game. My goal is that my actions communicate to my teammates how the game should be played. In my eyes, that is sprinting on and off the field, diving for that ball that no one thought could be caught, and helping up an opposing player who has taken a fall. I noticed that sometimes when teams line up to shake hands, players say “good game” without the greatest intentions, for example, when the score was 7-0. To the losing team, it might not have been a “good game” and they probably don’t want to hear those words. Instead, I say “Respect” because that is something players can relate to if they played the game hard and in the right way. When I lead by these examples and give my best, my teammates do the same.

True sportsmanship goes beyond the game. It carries over to the rest of my life and will transfer to my future endeavors, as I know I’ll be a man out in the world longer than I’ll be an athlete on the field. I believe sportsmanship in the real world is a matter of respecting everyone, being scrupulously honest, genuinely humble, and hardworking because each of these qualities is a key to success in today’s world. Sportsmanship is when you do the very best you can, every day on the field, in the classroom, or at work because not only are you being the best version of yourself, you are bettering all those around you by raising the level of play and making the environment where you work or play that much better.

****SECOND PLACE****

Sportsmanship and Success

Eryn Flynn

Ashland High School

What constitutes a good player is not only talent, but sportsmanship as well. Players who embody sportsmanship play with integrity and have empathy for their opponents and teammates alike. I believe that I model these virtues and that they will lead to my future success by treating others with respect and handling adversity with poise.

Integrity is often a broad concept, but in my mind, it is simply the action of realizing that moral obligation outweighs personal triumph. Moral obligation, in this context, means two things: the duty to play fairly, and the responsibility to represent one's program. Integrity demands of us that we play fairly at all times, whether the opponents are fair to us or not. I strive to play fairly every day by doing the little things, not only by aiming for the ball instead of the player, but by staying true to my word. As a twice-consecutive soccer captain, I avoid hypocritical actions. If I tell my teammates to improve on something, it is assured that I myself am working hard to improve on that task as well. Always prevalent in my mind is the idea that I represent my community. I constantly remind myself that regardless of what happens on the field or on the court, what truly matters when the final buzzer goes off is how I reflect the values of my school and team. The game always ends, but the legacy lasts.

It is my hope and belief that this ability to remain dedicated to fairness and honesty will help me handle adversity in my life. If the ability to avoid compromising my integrity, even against harsh opponents or officials, is translated to my ability to cope with the unfair situations of the outside world, then I will be able to stay true to myself no matter what challenges I face. Though this does not guarantee my success, it guarantees that any success I have is honest and true.

Another important pillar of sportsmanship is empathy, or the capacity to relate to everyone, including those whom I play both with and against. My devotion to my teammates is founded on the knowledge that, regardless of captainship or even talent, every player is as essential and important as the next. Conscious of this, I treat my teammates with respect, and when I give feedback, I do so in a positive manner. Conversely, I also treat the opponents with respect as well. I never taunt the other team and I tolerate no taunting from my teammates, because as states the MIAA Sportsmanship Manual, "the opponent is exactly that, an opponent, and not the enemy."

The ability to empathize with others has and will enable me to build respectful, lasting relationships with people throughout my life. These relationships are the foundations on which I expect to build my future success.

Ultimately, sportsmanship will allow me to face hardship with integrity and spread respect through empathy. I look forward to what the future holds.

****FINALIST****

Sportsmanship and the Future

Akarsh Aurora

Ashland High School

The seventh-grade basketball game was intense. Our team was down 35 to 36 in the final match of the season. The Youth Basketball Championship Trophy was on the line, and my team was desperately trying to score. Parents in the stands were cheering fiercely and they questioned each and every one of the referee's calls. In the end, our team lost, everyone was disappointed, but one parent was particularly furious. The venting parent threw an orange at our coach, blaming him for our loss. In that moment, I saw an incredibly commendable action. Instead of engaging in a fight or argument, Coach simply picked up the orange and with a nonchalant expression said, "I appreciate the orange." In my eyes this is true sportsmanship. Through his simple acts, my coach shown the values of a good sport. From my coach, I learned that sportsmanship is an essential part of succeeding in life right now and in the future. This particular personality trait is the essence of showing considerate and reasonable behavior despite winning or losing. Coach taught me to think of sportsmanship as an ethos that a competitive sport or activity is enjoyed by all participating where competitors show generosity, fairness, and most importantly fellowship. I model this trait in all the activities I am apart of because I believe that such an attitude will be highly beneficial for my future.

Using my coach's actions as guidelines, I modeled sportsmanship for my team at the FLL Robotics Competition. At the competition, our robot was dominating; we had scored a plethora of points. Nearing the end, one of the other team's robots had fallen off the course it was running. The robot spun out of control, fell off the table, and broke. Keeping my coach's actions in mind, I opted to help the opposing team rebuild their robot. Soon enough, their robot was back in the competition. The team courteously thanked me for helping them and for my good, exemplary sportsmanship. I modeled what means to be generous and pleasant despite having an advantage over my opponents. For my actions, I was even recognized and awarded with a trophy! This shows just how big of an impact good sportsmanship can yield.

Sportsmanship will be supportive of my future success in today's world. If I continue to be gracious, have a sense of fair play, and have humility, I believe that I will be rewarded. In my future, being a good sport could help me secure relationships with team members. Sportsmanship can earn me appreciation and the ability to work in harmony with teammates to pursue and succeed in my endeavors. Sportsmanship will also help me feel good about my personality and ethics. I believe that good sportsmanship is contagious and eventually, if I continue to be a good sport, people around me will also treat me with the same fairness, grace, and fellowship in the future.

****FINALIST****

18th Annual Student Sportsmanship Essay

Anne Broderick

Mount Alvernia High School

Since I could hold a bat, I have involved in playing baseball or softball. I started as member of Little League as a child and then joined a girls' softball team in my community until I went to middle school and joined my school's junior varsity softball team. I enjoyed it and was even able to lead the team as co-captain in eighth grade.

As I rose to play varsity softball during my freshman year of high school, I saw the skill level grow exponentially and the teamwork deteriorate. After playing with people I did not know well at a level that I felt was too intense for my ability and whose level of interest in the sport exceeded mine, I decided to take up cross country during the fall of my junior year. I had never run competitively before and was full of nerves before the start of the season.

On the first day of practice, I was greeted by a small but encouraging team of runners who cared first about lifting each other up and secondly about the victories of the team. I was so affected when during the second or third practice my teammates were offering high fives to me even though I was ahead of them.

There isn't a feeling of intense competition among members of the track team like there had been during my years of softball. While playing varsity softball, I felt distanced from my teammates since I was not as invested in the sport or confident in my abilities at that advanced level. This caused me to stay silent on the bench in fear of cheering incorrectly about a play. In contrast, my experience with the cross country team has allowed me to feel comfortable using my voice to encourage my teammates and cheer them onward regardless of their time or position in a race.

I have felt more readily accepted and included on the cross country team that I have been part of for a mere month than on the softball team that I had been a part of for four years. This has shown me that the level of sportsmanship that you demonstrate should not directly correlate with your personal ability or with the number of games or meets that you win as a team.

Over the past month of the cross country season, I have tried to fully embrace the positivity and sportsmanship that I have received from my teammates. The team cheers as a group and when someone is having a down day we try to cheer even louder and more enthusiastically to try to cheer them up. I am convinced that this positive attitude has helped the team spirit overall. Our cross country team recently won our annual Homecoming meet for the first time in seven years.

I believe the overall improvement in our team is linked to our unselfish attitude towards each other and this has taught me that being part of a team matters more than the outcome of the game. I also do not believe that my newfound attitude regarding zealous encouragement will disappear once the cross country season is over. I realize more now than in the past the importance of being a teammate and that being an unselfish teammate brings greater success to the group as well as the individual. This is a lesson that will serve me well into the future.

I have set my sights on a future in the nursing profession and I cannot imagine a profession whose success relies more on teamwork. Caring for individuals and their families can only happen when the whole care team is able to share their talents and work together toward a common goal. If our efforts are selfish and self-serving we will fail as team members in sports, our family, school, community and our chosen professions. Only by being together as a team can we be successful in achieving our individual goals.

****FINALIST****

Sportsmanship in Today's Day and Age
Daniel Wahlgren
Greater Lawrence Technical School

My heart is beating out of my chest. Sweat is streaking down my cheeks and my shins are on fire. I struggle to breathe as I hear my teammates yelling, "Come on Daniel! Finish strong, he is right behind you!" 100 meters are left in the cross country race and I know **now** is the time to start kicking so I speed up along with my opponent. Fifty meters are remaining and we are neck and neck. I quickly think to myself "This point of the race is not based upon talent... It is based upon who is mentally tougher. The one that wants it the most, and I want it the most!" I use this mindset to kick as hard as I possibly can but my adversary is still on my tail. I furthermore see a few other runners in front of me, and I want to catch up to them. I know this runner wants it as well, maybe almost as bad as I do. However that does not slow me down. I keep up the pace and kick it into the next gear and ultimately beat the runner who was behind me, while falling short of beating the runners that were in front of me. However I immediately got my stick and without hesitation, turn around and shake my adversaries hand and say, "good race bro". Then continue to shake the hands of the other runners that had beat me. I do this to acknowledge their hard work and dedication to this sport. It is not easy to run three point one miles, sprinting the last 100 meters. Regardless of whether or not I beat someone, we still both completed the race and maybe even got our own personal records... So I always make it a priority to congratulate, not only my teammates, but my fellow opponents.

Sportsmanship by definition is fair and generous treatment of others. In today's day and age, sportsmanship is a major part of life in general. Sportsmanship may seem trivial to some. But it is actually huge and directly correlated to success in today's world. A great example of this can actually be applied to my current job as a server at a pizza place. If I give someone the wrong pizza and they complain about it, I have two options of how to react. Either tell them this *is* the pizza they ordered, or I could ask them what they actually ordered and ask them what *I* can do for *them* to make up for the mistake. Choosing the first option will result in them never wanting to come back to the restaurant, not giving me a tip, and it may even affect my reputation, thus giving myself a bad name. Or I can choose the second option, be a good sport and help to solve the issue. Using sportsmanship will result in me possibly getting a better tip, giving my restaurant a better reputation and most importantly keeping everyone happy.

****FINALIST****

Sportsmanship: A Love for the Game
Caitlin Swanson
Middleborough High School

“It is not up to me whether I win or lose. Ultimately, this might not be my day. And it is that philosophy towards sports, something that I really truly live by. I am emotional. I want to win. I am hungry. I am a competitor. I have that fire. But deep down, I truly enjoy the art of competing so much more than the result.” Apolo Ohno insightfully shares the internal conflict of an athlete. Though we want more than ever to win, we join a team for one purpose: passion for the game. This passion cannot be fulfilled without the presence of sportsmanship, the concept in which players have the ability to rise above arrogance and negative behavior. Sportsmanship instills valuable lessons in today’s youth, in which we possess throughout life. Though it is easy to get caught in the moment of the game, it is crucial to understand you represent your team, community, and most importantly, yourself. Being the captain of my soccer team, I always keep this in mind. When I put my captain’s band over my sock and step on the midfield line to greet the referees and my opponents, I never forget the value of the band. It reminds me that I cannot allow my performance get the best of my emotions. The emotions that come with winning or losing a game will eventually pass, however, the way I hold myself in the face of victory or defeat is what my opponents will associate my town, my coach, my peers with. It is easy to become consumed in a win, especially one that is hard fought, or against a team that is often disrespectful, however, sportsmanship is depicted through humility. Sometimes, teams get too caught up with competition and rankings they forget joining a team derives from the love of the game. Holding oneself with humility establishes a respectful and friendly environment. Conversely, it is just as important to stay humble when losing. Nobody wants to lose, but holding your head high when giving your opponents high-fives at the end of a match exhibits optimistic behavior.

In our young lives, it is inevitable we will encounter a vast number of people whom we disagree with. We may have varying opinions, or beliefs opposite to another’s, however, we cannot alter everyone’s minds to agree with us. Sports are of value to youth because they teach us from a young age, how to deal with positive and negative people and experiences. Teams are composed of players with different talents and abilities, in which each player must collaborate with one another to become successful. Though we may be closer with some people more than others, we have to harness each of our abilities to achieve our goal. Collaboration, however, cannot be obtained without the presence of respect. Respect allows for every member to feel valued. Though sports may not be in our lives forever, they certainly teach us the morals to become mature individuals in society.

****FINALIST****

Sportsmanship
Amanda Novak
Smith Academy High School

Sportsmanship is defined as fair and generous behavior or treatment of others, especially in a sports contest. But what does that mean to me? How do I model sportsmanship so that others feel respected, and younger kids can look up to me? Personally, I have a lot of experience and understanding of how your attitude towards others can affect your performance, and the people around you too. I play three competitive sports, and I used to compete in gymnastics and horseback riding. Being so competitive requires composure and a forward-thinking mindset, especially in 2018, where it is all too easy to lose your cool, and make one bad display of character towards another player in person, or more commonly, online, that taints your future forever.

By practicing sportsmanship in my practice and games, I have learned how to carry over the same friendly and respectful attitude to my everyday life. It is important to my future that I know how to handle my emotions in any situation, such as a job interview, where an authority figure is present just like my coach and the referees in my games, or in college, where there will probably be peers I don't like, but must interact with. Acting out and swearing in class, or throwing a punch would have consequences that could be avoided with a sportsman like demeanor. Simply knowing how to be kind to those around me can help me reach my goals of going to college, getting a good job, and maintaining healthy relationships with my family and friends.

So, how do I actually demonstrate sportsmanship? I try my best to maintain a positive attitude, so it helps others such as my teammates keep their own energy up. I know from my time in gymnastics that if one individual gets frustrated with themselves, their negative energy affects the whole team. However, sometimes having a bad day is inevitable, which is when you have to encourage your teammate and build them up by being kind. A big aspect of sportsmanship is being kind to others, and in today's world, that is also something everyone wishes to be treated with. No one wants to be put down or judged, for any reason, and no one wants to be bossed around. That is why I think being a leader on a team is more important than being a boss. A leader is someone that guides others, is accepting, and can be decisive when necessary but not mean or overpowering. Leaders work with their peers, instead of acting above them. With this kind of cooperation, my team could succeed, and later in life, my college classmates and I, or my coworkers, or even my professional sports team.

Going out into the real world can be scary and intimidating, but in stressful times it'd be nice to be able to have comfort in knowing that if I could set an example before, I can do it again. With sportsmanship, I can do anything.

****FINALIST****

Modeling Sportsmanship
Ashley Goncalves
Randolph High School

I remember while playing in one of my first singles matches in tennis, I had become immersed in a conversation with my opponent. A conversation that had simply started out with me complimenting her serves and hits and ended with us talking about school, college, and sports. In this instance I probably did not even realize that I was displaying good sportsmanship but I enjoyed getting to know my opponent and learning from her.

In cross country, after finishing the races I enjoy cheering on both my team and the other team because I know they are just as tired as I was while running and encouragement might be one of the things keeping them from stopping or making them run faster. A simple act such as complimenting an opponent on their play or lining up and saying good job to the other team can go a long way.

But good sportsmanship shouldn't just be displayed towards opponents but also yourself, your own teammates, any supporters or spectators, officials and referees at the game. Cheer on and encourage your own teammates, and give them advice to improve because sportsmanship has a lot to do with respect and that is something everyone deserves no matter the circumstances.

I also model sportsmanship through my positivity and appreciation. In every sports game I'm very positive and overwhelmingly excited and full of energy. A quality that I value especially when losing. I've learned from my four years of being a student athlete that losing is just as important if not more important than winning. Not only does it test your character but it also gives you a chance to learn and figure out what you could've done better and how you will improve. I've learned to always congratulate the winning team and to appreciate the challenge even though I lost, I will always maintain my integrity.

I was once told that "Good sportsmanship goes beyond sports". Sportsmanship is the foundation of becoming a leader, being able to put others before yourself, a trait that will become vital to my future success. Sportsmanship builds relationships between teams and individuals not only do I value it in athletics but I've applied it to the classroom especially in group work or projects I've learned to respect and work collaboratively with others. I believe that I now embody the idea of sportsmanship and I hope to inspire others to model sportsmanship.

****FINALIST****

18th Annual Student Sportsmanship Essay

Emily Goglia

Greater Lowell Technical School

As a member of my school's soccer team, I've learned many valuable lessons that have bettered me as a person and will continue to do so in my future. Displaying good sportsmanship, is one lesson that has helped to shape me into the person I am today.

When playing a sport there is always going to be a winner and a loser, but learning how to handle each is a task where many people could use improvement. Everyone wants to be on the winning team but that just isn't feasible. From a young age my coach always told me you have to, "win with class, and lose with grace" which is something I've carried with me throughout my life. The way you act when you win is just as important as the way you do when you lose. I make sure to stay humble when I'm on the winning team, and keep celebrations to a minimum. When the roles reverse and I'm on the team that lost I make sure to congratulate the others and keep a positive attitude. No matter the situation I always try my best to use this approach and put forward my best qualities.

Playing fair is another way I demonstrate sportsmanship on the field. While everyone is guilty of breaking rules, or committing a foul when the referee isn't looking, that doesn't make it right. It's easy to let our emotions get the best of us, and react in a way that reflects our true character inaccurately. To avoid this I separate the game from my feelings and deal with each individually. Keeping facts separate from feelings allows an open mind to others opinions.

Sportsmanship can be shown through respecting the calls made by referees. Oftentimes, as players we feel our referees are blind and never make the right calls, and that we could do a way better job. This often leads to disputes with the referee, and usually end in yelling. Despite how frustrating these situations can be I work hard to keep my mouth shut and continue on with the game. I know arguing with the referee will only make things worse and don't want to paint myself in that light.

The future is dependent on the experiences we have during our childhood and teenage years. Throughout my time playing sports I have picked up skills that will transfer into my future. For instance, learning how to win and lose can help set the foundation for handling other successes and failures. Playing fair allows for me to understand that cheating doesn't get you any further in life than hard work does. Respecting other people's opinions, even when I disagree with them, comes from respecting the calls of the referee.

The majority of the lessons I've learned and will bring into the future with me all stem from sportsmanship. The traits I display now shape my character and will continue to do so as I become older and shift into new stages of life.

****FINALIST****

Sportsmanship
Elisha Wenc
Belchertown High School

Sportsmanship is defined as the fair and generous behavior or treatment of others, especially in a sports contest. When being a good sport you are doing anything from complementing teammates and/or opponents, helping someone on their form or technique to make them improve or just talking to someone who is being left out.

I model sportsmanship because just making someone smile makes me feel like I am making a difference. Doing three sports during high school is tough but it has great rewards. I meet new people each season from different teams and I create bonds with people on my team who I might not have outside of the sport. Every opportunity I get, I try to encourage my teammates to be the best athletes they can be. I am starting to realize what it's like to be a leader. Throughout my last two years of high school I am going to further my commitment as a role model, leader and teammate to new students and new athletes.

When contributing to my team by being a good sport I am also helping myself gain qualities that will help me succeed in life. Sportsmanship includes compassion, commitment and respect. These qualities will help make connections with teachers, bosses and acquaintances which can lead to better job opportunities and support within the community. Sportsmanship is a rewarding quality to have because doing good for other people around you will have an impact on how you look at life and can lead to opportunities you might not have had before.

****FINALIST****

18th Annual Student Sportsmanship Essay

Emma Milchunes

Pembroke High School

Sportsmanship is a thing most athletes hear at some point during their life, from first grade co-ed soccer to division two varsity lacrosse. It is what makes athletes into the hardworking and diligent men and women they are in fields of various major league sports or business, teaching, management, education and fitness. The possibilities are endless. I have never been what many would call an athlete in my previous years. Yes I've tried many sports like the previously mentioned co-ed soccer, ice skating, cross country, track, basketball, tennis, and even horseback riding. But I never stuck with any for too long. I was not forced into these sports, I had an unquenchable desire to find my 'thing', something I was good at. Passion was a word I later unlocked for this feeling of wanting a skill beyond the classroom but out on a field. Many girls in my grade are fierce competitors and survive off the sports I used to loathe. It seemed to me, the studious musical nerd, that I would never find a thing like that for me in the world of sports. Then eighth grade ended and I started to hear things about a sport the high school had a team for called field hockey. I had no idea what this sport was, leading to an abundant amount of YouTube and Google searches as well as a sign-up for a summer camp run by the captains of the field hockey team for the upcoming school year. I did this camp with several friends and at first hated it. A shocker indeed. I would spend countless hours after each day in my humid yard, dribbling up and down and left and right. When signups came along I agreed to do it, admittedly for a chance to get myself into shape. This led to falling head over heels for the sport and all it contained, though I had no clue what I was doing. This form of sportsmanship and determination led to a lifelong lesson of commitment, patience, and perseverance. At every tryout, I tried my best and observed. Many times I wanted to just say, "Ugh!" but the newfound rules of corners and hacks cast a spell over me. Through social struggles amongst the difficult relationships of high school and intimidating teachers I rose to the occasion. This led to me getting the first goal of the season for our freshmen team. The jubilation and sheer pride in myself and the work I had done is something I will remember and learn from forever. In the future these experiences will show me how to persevere even if something is hard. This can be applied in class, on the field, in relationships, employment, and college applications. Patience and determination are things I have struggled with in sports and in daily scenarios, but now feel much more comfortable with. Thank you field hockey and sportsmanship and all the gifts you two bring!

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Sportsmanship Essay
Brenden Alexander
Bishop Stang High School

I find sportsmanship more important than the game itself. I always enter the locker room with three things, pride, confidence and positivity. I am proud to be part of this Bishop Stang football team. I am confident that together we are continually experiencing respect for the game, each other and our opponents. I am positive that I continue to learn at every practice a very valuable life lesson, sportsmanship.

Sportsmanship is an attitude. I join in to get the team pumped up. I find that having a positive attitude toward everything the game has to offer makes my attitude better. I always show that even if we win or lose. Accepting a loss. Being a man. I try to keep the best attitude possible on the field every game I play, as I represent the Bishop Stang Spartans. Sportsmanship is both words and actions. After the game, I shake the opponent's hand and say "Great job," whether a win or loss. I shake the coach's hand of the other team and say, "Great job coach, you have a great football team here." How players act on the field shows good sportsmanship. Just simply helping an opponent up after the whistle is a good action. Also helping players on the sidelines by offering water as needed shows good attitude. Football is a very heated sport. Players can be overly aggressive however rising above and continuing to show respect is true sportsmanship. This is not always easy but it feels right.

Sportsmanship builds great character. My coach always tells us stories about the friends he has made by playing sports and the positive results of being a good sport. I try and represent the Spartans as we are taught. We are taught to be the best men we can be, on and off the field because we represent a family. We also are supposed to play the safest we can and eliminate the bad things that go on during a game. We try to be the best players we can be to make the game better and make our team better by showing that the result doesn't matter the most. It is the effort and respect that you show that will matter the most. The friends you will have playing sports and the memories you will have will be amazing. These will be times that you will never forget. I am proud to show good sportsmanship.

The values of teamwork, respect, support, appreciating others abilities and contributions, remaining positive and gracious when facing defeat are all life lessons. In future professional world opportunities having a positive attitude, being a team player would be an asset to any company. In family life, as a struggle is faced, it will be necessary that the entire family face it together with respectful, encouraging words. Always respect yourself and others. Sportsmanship is a major life lesson. An example learned young and should be used throughout life.

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The Importance of Sportsmanship
Emily Donovan
Methuen High School

“When you win, say nothing, when you lose, say less.” Paul Brown said it best, emphasizing the importance of courtesy when it comes to sports. In life, athletes model certain qualities on and off the field that make up who they are as players and as people. One of the best qualities that an athlete can acquire is good sportsmanship. Whether or not an athlete is the star player or MVP, coaches will always be first to choose the athlete with respect over the one with the best stats.

When it comes to how I, as a soccer player, model sportsmanship, it is all based on my attitude towards players on opposing teams, as well as my own teammates. In order to be a good captain, I have had to take the responsibility of being a role model for my teammates. The way I present myself in and out of school reflects on my whole team. Having productive sportsmanship is determined by a person’s overall character. Maturity is a major aspect to sportsmanship, meaning if there is any type of issue on or off the field, it is my job to settle it in a calm and responsible way. Whether or not my team wins or loses, we handle ourselves respectfully, either celebrating or coping politely.

Sportsmanship is not just about civility among players, it is also about how you conduct yourself as an individual. The best players are the ones who don't know how good they truly are, displaying sportsmanship without even knowing it. One great example is Bobby Orr. Though Orr’s fame was widespread in the NHL, he states in his autobiography, “I wasn't looking for praise, and I certainly wasn't there to take credit.” This principle alone describes how humble and modest Bobby Orr is, even with the news of a brand new statue of him displaced in front of the TD Garden. Receiving recognition is a bonus, not a necessity. Modest athletes succeed far beyond conceited individuals.

Sportsmanship has helped shape me into the person I am today and will be in the future. This season, my team and I played against some opponents with appalling sportsmanship, which overall made me realize how important one’s honor truly is. During one particular game, a player on the opposing team was taunting one of my fellow captains, so we decided together that it was mature to stop the talking and act like leaders. My co-captain lectured, “Let's stop talking and play the game.” The response back was mortifying, “You're just mad we are winning 3-1.” Suddenly, I made the choice to step in, pointing out our strong sportsmanship, despite the score. ““At least we have good sportsmanship.”” After the comment was made, not another word came out of their mouths. This proved how important sportsmanship is and that the best of teams, despite what the scoreboard may say, model this quality so frequently. In life, so many lessons are learned, but in the sports world, sportsmanship tops all.

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My View of Sportsmanship
Rebecca Marchand
Methuen High School

What is sportsmanship? The denotation of sportsmanship is “fair and generous behavior or treatment of others, especially in a sports contest.” This definition is true, but there is so much more. Sportsmanship gets displayed on and off the field. Sportsmanship is when you show respect to every single team you play against no matter if they show it back or not. My team has a saying, “play classy not trashy”, and I feel this shows our sportsmanship because it shows that we are respectful team. We try to show a good example of how an athlete should be.

Recently, a tragedy struck a neighboring town. A high school senior was into a car accident a mile from her home and got killed. Her death hit many people hard, ones who knew her and didn't. All the sports teams from neighboring towns showed their support for that school. About two weeks after the accident, they resumed their sports schedules. My team played them on their first home game back. We found out that the girl was on the field hockey team, we had to show our support for them and be there for them through this crisis. My team got sweatbands in their school colors and wrote the number 7 on it in remembrance. We gave the other team some as well. As we walked by them they all had smiles on their faces and they all showed us gratitude. This is how my team resembles sportsmanship. We are all there for each other through hard times. We all come together to help and cure. We respect and try our best to be the greatest athletes we can be on and off the field.

Having good sportsmanship will help me in my future in many ways. That saying, “classy not trashy”, will stay in mind forever now. It will remind me to be a respectful person anywhere I go, whatever I do, I'll always be respectful. I'll always try to be the best person I can be, set a good example for people to follow. I believe everyone should go by this saying because it really speaks a lot. Having good sportsmanship can get you so far in life. If you are generous and overall a friendly humble person, you will succeed. Those are the kinds of people that everyone wants to be around. No one wants to be around someone who always has an attitude and doesn't do what they should be doing. Sportsmanship doesn't just have to be on the field, it could be anywhere. In the workforce, within your family and friends, even with strangers on the street. If you have good sportsmanship, it will help you tremendously in your future.

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Sportsmanship
Elena Baranoski
Smith Academy

Many athletes must have good sportsmanship in order to succeed and it is important for them to model their actions to others that look up to them or can learn from them. As an active athlete I know I can model sportsmanship in many ways to younger athletes or people who could take something away from what I do in sports. Modeling sportsmanship can also support my future success in today's world. Teaching and helping others can also affect you personally. It can affect your future success in many instances, like in your jobs/career or personal relations you have with people.

As an athlete, I can model sportsmanship to others in many ways that will teach people that would like to learn from me. An important part of sportsmanship is following the rules. I can model sportsmanship by respecting rules that coaches or officials have set for my team or the sport. Following the rules or instructions is important because it shows respect and gives me privileges. If I don't follow the rules then the instructor or whoever gives the directions might not trust me as much and not let me do as much as I would like to because that would mean I disrespected them and showed them that I am incapable of following their instructions. I can easily demonstrate this form of sportsmanship to others by simply just doing what is asked of me and respecting the set rules. This can show others that that is good sportsmanship and can teach them that following the rules is important.

Modeling sportsmanship is important during a game or some type of scrimmage as well, especially if you lose or win. Nobody wants to lose to a team that brags and boasts about their win. Having dignity after I win is a great part of sportsmanship and also shows respect. It's important to remember to be modest because it can demonstrate to younger people that winning is fun but it's not all about winning, it's about playing fair, playing to the best of your ability, and working as a team. Showing dignity after I win can help support my future success because later in life I can have the ability to do well and still be submissive and modest about it, to not make others feel bad and to keep a respectful reputation. Losing gracefully is also a big part of sportsmanship. This basically means when I lose in a game I don't pout turn upset and mad at my teammates, myself, the coach, or the other team. One needs to have a good attitude and still have pride, while being respectful to others on or off your tea after they lose. I can do these things after I lose a game and just that alone can show others that those things are the right things to do. I can model these things to show sportsmanship and practice all these things to help my future success.

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Sportsmanship
Emily Harding
Dartmouth High School

While the Merriam Webster Dictionary defines sportsmanship as “fair and generous behavior or treatment of others, especially in a sports contest,” that is only the beginning of my definition. Sportsmanship is working hard and respecting others even if you *are* “against” them -whether that be in a sports game or your everyday life.

Most people think of sportsmanship as one’s behavior on the field, however, I model sportsmanship on *and* off the “field.” The simple act of being the shoulder a friend needs to lean on is the first step of modeling sportsmanship. For me, it involves making myself available for people and being accepting as well as approachable. Letting people know that I will be there for them no matter the “competition” is a way I model sportsmanship. Being able to recognize someone’s dedication towards an activity is not only another way I model sportsmanship, but a way I help myself focus on others and their journeys at the same time. Whether it be a sport, something they’re trying to overcome or accomplish, or even something I am trying to achieve before them, being able to acknowledge and respect their side is essential in exhibiting sportsmanship.

On the floor of a cheerleading competition, nothing shows sportsmanship like screaming for each other at the top of our lungs. We scream for teams in our division that we’re competing against like they are a part of our own team. Sportsmanship is rooting for those against you, while you keep their success in your best interest. By contributing the sportsmanship -like qualities in my daily life, I know it will help me succeed because it has trained me to put myself in someone else’s shoes and look at an old situation from a new perspective. By opening my eyes, I see new ways of achieving things which will further my success. By exhibiting the sportsmanship trait to others, I have people I can count on when I’m the one who needs that someone to lean on. Being a team player benefits not only people around me but also benefits me and my future endeavors as well.

Merriam Webster Dictionary defines sportsmanship as “fair behavior” to say the least, but to me, it’s more profound than that. I define sportsmanship as how I make others feel in today’s world. Maya Angelou once spoke the wise words “People might not always remember what you say, or what you did, but they will *always* remember how you made them feel.” Respecting, understanding, and believing in one’s road to success only puts you further along *your* path to success as well. My future will always be supported and will thrive off the way that I show sportsmanship.

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Sportsmanship MIAA
Madeline Mizanoglu
Southwick Regional School

I believe sportsmanship should always be modeled in our communities on and off the field. It helps make our environment more positive and helps us in the future as adults. I personally model sportsmanship in my own life by always cheering for my teammate's successes and being a leader for other people to follow. All these ways help me grow as a person and prepare me for life after high school. It is a personal value of mine that I choose to constantly follow with everything I do.

As a gymnast of twelve years and a state champion, I have seen many ways people model sportsmanship. Gymnastics is mostly an independent sport. You are constantly competing against your teammates for the same awards and titles. My coach always told me to cheer for your teammates successes. Being there for your teammates creates some of the most beautiful friendships. I had to leave gymnastics due to injury but the girls that were on my team are some of my best friends for life. Lifelong friendships can be started by one simple congrats. You turn into someone who they can always count on.

One of the most important ways I choose to model sportsmanship is to be a leader for others around me to follow. You have to make sure your values are in check and your behavior is a behavior you would like to see others to follow. It is an enormous responsibility. That is why not everyone is a leader. Nothing amazing can come without some form of effort. Being a leader can cause a positive chain reaction; it can blossom a change in people that is bigger than you could ever imagine. Being a leader can motivate personal growth inside of ourselves to change for the better.

Additionally, an important way to show leadership through sportsmanship is by being respectful to others teams and officials. I am a captain of the softball team at Southwick High School. One of the responsibilities as captain is to greet the other captains on the other team and officials before each game. I chose to treat them with respect and give them a smile and be give them space to say there rules and regulations they are familiar with. In life you will have to face someone or something you may not always agree with but if you treat them with respect and give them room to share their ideas and thoughts the cleaner the outcome will be.

Sportsmanship is a huge life skill. It helps young adults grow as individuals. By having young people model sportsmanship it will help spark a positive light on the new generations and all the ones to come after that. Having sportsmanship be a personal value is very important. The way I model sportsmanship will make my future and the future of others in society a more positive and happier place.

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18th Annual Student Sportsmanship Essay

Molly Rioux

Dartmouth High School

As an athlete for close to 11 years, I know what it feels like to be watching and playing the game; whether I am happy or sad about it. I have been in situations when I play the whole game, but my teammates harshly criticize how I'm performing. I have also been on the sidelines watching and wanting nothing more than to play because of all the errors my team is committing, but that is not how being on a team works.

When a teammate of mine makes an error; big or small, I try to make up the mistake; even if it's theirs, because isn't that what working together is? When I step on the field, I am playing with a team. We pass, shoot, score, rise and fall all as one whole. In that stance, we make mistakes together, we learn from each other, help another, and grow.

On the bench, it goes the same way. When I am not playing and someone on my team makes a great play; I tell them that, but most importantly when a mistake is made, I always try to encourage them to focus on the next play or moment.

In the real world, these lessons I have learned can help me in many ways. In school or at work, I motivate others around me to "give 110%," as my coach says.

Everything I am to do in the rest of my life; no matter where I go to school, or regardless of my major, is going to involve working with people. That is why I have deeply cherished being able to compete as an athlete as much as I do. It allows me to communicate and collaborate with people I don't know, and form relationships. Sports have taught me one of the greatest skills a human can have.

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Sportsmanship: An Essential Characteristic for Everyone

Devin Coonradt

Methuen High School

Sportsmanship is something that does not have to relate to sports. Someone who does not play sports can model sportsmanship. I have been playing hockey ever since I was 2, baseball since I was 5, and golf since I was 10. I know what sportsmanship looks like on the ice, on the field, and on the course. Sportsmanship has the same aspects as those who are good citizens in regular life. People can represent good sportsmanship even if they are not playing sports. When playing sports, I do things such as complimenting opponents, playing fair, helping opponents if they don't know the rules, helping them if they get hurt, or respecting their talent. Keeping my head up and not getting aggravated and staying positive when playing opponents are all things I do to model good sportsmanship. You might not think that little things such as staying positive can model good sportsmanship, but things like this go a long way. It is not good to be a "poor sport" because that only looks bad on you. Modeling good sportsmanship is respecting the game and the people playing no matter what the outcome is.

I believe in the proposition that modeling good sportsmanship is something that will stick with you for the rest of your life. If you model good sportsmanship, it will only build a positive reputation for yourself but more importantly, it will build your character. Showing respect is probably one of the most important factors in good sportsmanship and that is something people can carry with them for the rest of their lives, even after their sports careers. It will also help you be a leader in a way. Showing good sportsmanship will also have a positive impact on others. Demonstrating the aspects of modeling good sportsmanship will allow you to gain the character to become a leader. People who model good sportsmanship are hard to come by nowadays. A lot of people are too focused on winning. They are not focused enough on the little things that represent good sportsmanship such as being positive and respecting the players and the game. That is why when someone does, they stand out from the others. Those people who model good sportsmanship are the ones that will go farther in life. They will be the ones who get the job, the ones who gain respect, and the ones who have an impact in the world and the people around them.

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MIAA Sportsmanship Essay

Jenna Hobert

Smith Academy

The meaning of Sportsmanship is fair and generous behavior, or treatment of others, especially in a sports contest. Sportsmanship is displayed every day at practices and games. Some of these ways are respecting your coaches, helping out with equipment, helping a teammate with learning a skill, communicating with your team on and off the field, showing responsibility, and showing commitment. Each of these ways of showing Sportsmanship can be crucial in the future when continuing my career because I will use these ways of Sportsmanship all the way through my life whether I'm in high school, college, or following my career with a job.

Helping out a teammate when learning a new skill can be beneficial to them and you in many different ways. When you help them with a skill you're teaching them how to do something that they can work on and use in practice which can end up them using the skill during a game. Helping out a teammate can be helpful to you too because when you're in high school and college you help people to make them better. When you get a job you can help someone with a task that they're trying to complete. Helping a coworker and helping someone on the field are so different but so similar at the same time.

Another way being a good teammate and showing sportsmanship is communicating with your team on and off the field. Communicating with your team on the field shows you're engaged in playing. Also when you're communicating off the field it's also just as important because you have to communicate with teammates and peers to find out when practices and team bonding takes place. In the real world when you get a job you might have to give a presentation which means you need to communicate with your peers to persuade them into what you're selling or what your idea is about. Communication is always good to be able to do especially when you're young so you can carry good communication throughout your career.

Showing responsibility and showing commitment are probably the two most important things whether you're on a sports team, in school, or even when you have a job. These two are so important because you can't show responsibility without commitment and you can't show commitment to something without responsibility. Showing commitment to a sport is when you have the desire and passion to play a sport you truly love and would do anything to always play that sport. Responsibility is incredibly important because you're responsible of your equipment and the team's equipment and to make sure everyone is responsible for their items.

In conclusion, sportsmanship is so important and so beneficial to your life. Being on a sports team is setting you up and helping you to be prepared for what's to come in your future. Whether it's helping a teammate, communication, and showing commitment it's so similar to having a job. Being on a sports team can help someone make a new friend and bring people together.

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18th Annual Student Sportsmanship Essay

Julia Dobson
Smith Academy

There are many ways to demonstrate sportsmanship. As an athlete I try to demonstrate sportsmanship on and off the field. It is important to be respectful to coaches, teammates, officials, and the opposing team as a player and as a fan. Having good sportsmanship will help you to grow as a person.

Being part of a team with a coach and other players is helping me learn how to work with other people. This will help me in the future when I have a job where I will need to be in an environment with other people working with coworkers, and a boss. Being part of a team also teaches me to push myself. With people around me also trying to do their best it pushes me to want to be my best too. Being around players who may be better than me gives me people to look up to and role models to want to be like.

Working with coaches teaches me how to accept constructive criticism and use it to make me better as a player and a person. Having good sportsmanship helps me to keep a good attitude towards myself and towards others. I try to be respectful to myself by not getting so upset when I make a mistake, and to others by not getting upset when they make mistakes. I try to learn from the mistakes that I make and the mistakes that other players make.

Having good sportsmanship is important in representing your school, your team, and yourself. The words you say, your actions, and your attitude on the field reflects on the person you are off the field. When you step onto the field you are representing your school and your team. Being respectful, being fair, and being kind has a positive reflection on your school and on yourself. Not having good sportsmanship and being disrespectful will reflect you and your school in a negative way. Poor sportsmanship has its consequences.

Learning how to have a positive reflection on people is important. You could be meeting someone for the first time or have an interview for a job. People will judge you as soon as they see you on your attitude, what you say, and your actions. If you are respectful the other person will want to be around you more and you would be more likely to get the job. Being respectful doesn't take much effort but it goes a long way.

Athlete or not having good sportsmanship will help you in the long run as a person and as a player. It will show in your every decision, action, and word. It will help you to do the right thing and be the bigger person. If you have good sportsmanship, you're effect on other people can help them want to do the right thing too. You can help other people in a positive way just by being respectful, fair and making good decisions.

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18th Annual Student Sportsmanship Essay

Chloe Ho

Fontbonne Academy

I model sportsmanship when I play lacrosse. To me, good sportsmanship includes determination, cooperation, and respect for opponents and yourself. I model sportsmanship because I have strong determination for lacrosse. During games I give 100% even if my team is losing by a lot of points. My coach always told me, "Don't worry about the score. Just worry about getting the next goal no matter what the numbers are". I have always taken that to heart and played my very best during games. The second component of good sportsmanship is cooperation. Cooperation is very important within a team to do anything, whether it is on or off the field. As captain of my lacrosse team, I endorse cooperation and make sure that everyone is getting along with each other. I can honestly say that being captain has encouraged me to be more personal with my teammates and create more bonding activities that would bring the team together as a whole. The last component, which I think is the most important one, is respect for opponents and yourself. I exhibit respect by playing fair during games and shaking the opponents' hands afterwards. I also do not trash talk other players and honor the referees' calls. I understand that there will be times when my team loses because it is part of the sport. One thing that I always keep in mind is that there is always a team that is better, no matter how good the team is. After a losing game, I try to cheer up my teammates and push them to be back and better for the next game. By doing this, I try to help my teammates and I avoid the winning-at-all-costs mentality. I push them to be happy for those who won and to focus on our team weaknesses so that, one day, we would be on the winning side. These three components of sportsmanship that I think I exhibit now with my lacrosse team will support my future success in today's world. Many of the details I mentioned above applies not only to sports teams but also to real life situations. I plan to study some form science and follow the pre-med track. The steps to get a MD takes great determination, especially since there is much schooling involved in the process. I think that the determination I learn now in high school will remind me to follow through with my plans in the future. Cooperation is also very important because no matter what job I will have, it will require working with others. No one will succeed if he/she is working alone because two minds are better than one. As a doctor, it is important to work together with other medical professionals to help save a life. Lastly, having respect for everyone around me will allow me to build relationships and future networks that will reward me in the future.

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A Single Unit for a Common Goal
Rebecca Benoit
Dartmouth High School

My teammates and I stood in a huddle, arms wrapped around each other over the many layers of our costumes. It was finals for the WGI Indoor Percussion World Championships, and we had just performed the best show in our lives; it was emotional, and there was not a dry eye to be seen. As a group (all 46 of us in the program) we knew that it didn't matter if we won or not. We had come together as a team, a family actually, and worked and supported each other until the end. We came in second, and we couldn't have been happier to be there.

I've been in Dartmouth's marching arts programs for five years now, and one of the biggest takeaways I've received from them is sportsmanship. My coach, Cassie, always says to us during indoor, "You don't have to love everyone in this program, but you must come together to reach a common goal." Sportsmanship isn't about leading for the power, and it isn't about making people around you feel bad about their performance. It's about stepping up and leading by example, and offering assistance to others because you genuinely want to see them grow and improve. Sportsmanship is about supporting others for all the right reasons, and working as a single unit to reach a common goal.

Through both band and indoor percussion, my peers and I work together to do exactly that. We offer help to anyone who needs it, regardless if they are in our section. We push and motivate each other to keep going and to keep progressing, especially through hard practices, when we want to give up. No matter what, we have all been able to put our differences aside to work to be the best we can be.

The marching arts community partakes in sportsmanship as well. When we are at competitions we support other groups, wishing them luck, and even befriending them. We believe that we all compete fairly and we congratulate each other, even if we are rivals, because we know that we all work just as hard to try to reach our fullest potential.

I believe that sportsmanship is an incredibly valuable asset to have in life because it's important to have it in the modern business environment. More and more, office spaces are being seen as cooperative spaces, where people bounce ideas off of each other, and like in sports and the marching arts, work as a team for the betterment of the company. People aren't always going to like everyone they work with, but with sportsmanship they can overcome that.

For me personally, a future artist working in a design field, sportsmanship comes into play with the ability to compromise, efficiently communicate ideas, and be able to effectively work with a wide range of clients to make their ideas come to life. For me, my teammates, and many many other people in this world, with sportsmanship comes success, in whatever that may be.

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Student Sportsmanship Essay
Isabella Stuzynski
Bedford High School

Sportsmanship is the most respectable, empowering aspect of athletics, yet is the most un-coachable. Sportsmanship is something that I and many other athletes across the world have ourselves developed through beliefs and experiences, and when put to motion, sportsmanship amplifies the quality of high school athletics. Sportsmanship is the ability to acknowledge the fact that someone is going to win, and someone is going to lose, and still give one hundred percent in a dignified manner.

Sportsmanship is showing respect for not only your teammates, but your opponents. Being a two sport athlete, sportsmanship plays a huge factor in my athletic career, but it is on the lacrosse field where I best amplify that attribute. Lacrosse has been a huge part of my life ever since I can remember. I have played on multiple club teams, as well as the Bedford high school varsity team, which has connected me to many players from many areas of New England. The girls I play against when I'm wearing my Bedford Blue lacrosse jersey are the same girls who I play with, win with, and travel the country with in the off season on my club team. Although they may be opponents in the moment, those girls are some of my closest friends, and they deserve the upmost respect. That is why I demonstrate sportsmanship; because everyone is playing the same game, with the same goals, and deserves to play respectful opponents.

For a long time, my greatest aspiration has been to play collegiate lacrosse. In order to be a successful college lacrosse player, it is important that I exhibit sportsmanship to my future teammates. The girls I play with on my club team, Mass Elite, are all holding onto the same dream, to make it to the college level. In the future, they may not be on my team, but at one point or another, we will meet as opponents on the same field and in order to play a successful game, I will need to demonstrate sportsmanship to those girls by playing my best, yet in a respectful way. Years from now, no one is going to remember the numbers on a score board, but they will remember which players had the best attitudes, and that is how I plan to successfully build my name.

As American Basketball player, John Wooden, once said, "it's not so important who starts the game, but who finishes it." Having talent will get an athlete to the end of the field, but having sportsmanship will get one much further. With timeless practice and intact sportsmanship, any athlete can create a lifestyle out of what once began as a passion.

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18th Annual Student Sportsmanship Essay

Bryce Souza

Dartmouth High School

Sportsmanship? What does it truly mean to embody sportsmanship? Does it mean shake your most resented opponent's hand after a loss or kneel in respect of a player who is lying in pain after tearing their ACL? The idea of sportsmanship is to grasp respect for competitors, learn how to be the bigger person and embody respect in every situation. As a hockey player I can recall many situations where players from other teams have illegally hit me or slashed my ankles to try and get in my head and throw me off my game. There have been certain games where I have felt I was close to losing my cool to say the least, but once that final horn sounds and the game is over I shake that person's hand and say "Good game." No matter the outcome of the contest or if that person pushed my buttons, they are a competitor and they are simply doing what they believe is the best way to win the game. I have one experience that still lives with me to this day. It was back in Little League when I was 12 twelve years old and we were in the championship game in the last inning. My best friend did the unthinkable and hit a walk off three run homerun to win the game by one. The pitcher on the other team was crying his eyes out. I can still recall his face to this day. He was beyond upset and I could understand why. So, after the game when we were going through the line instead of just giving the kid a "high five,", I pulled him aside and told him he was one of the best pitchers I had faced and I wanted him to know that one pitch wouldn't be the decider in his baseball career. To say the least that kid didn't let that one high and inside fastball ruin his career.

Sportsmanship is more than just involved in athletics. It is something I have learned to carry with me in my future in an attempt to be successful. A successful person is able to realize that there are going to be arrogant and hurtful people whom they encounter in their future. If you are unable to realize that life is just a forever- long game with plenty of unsportsmanlike players, you are going to have a rough experience. I have realized this and embodied the fact that at the end of the day we are all competing for the same things and if you win, they lose. If they win, you lose. Therefore, someone has to be on the losing end. If you cannot get over the loss and just congratulate your competitor for their success, you will lack success of your own.

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Learning and Modeling Sportsmanship
Kyle Mendoza
Sutton High School

My definition of sportsmanship is the right attitude towards your sport on and on the field, whether it be showing class in winning, or being gracious in defeat. In order to model that it must be engraved into your head during practice. Practice can be difficult, in order to combat that you must stay composed and play your best. However that is not all you have to do, you have a team to lead and support throughout the season. If you are off your game and it shows, you must keep a level headed mentality. That will show your teammates that even if a bad game, call, practice, or even a moment happens in their life they can stay composed and finish what they came to do.

My coach, Michael Elster, has coached teenage boys for over twenty years. He has taught every team that passes through him the push poem. The poem is meant to motivate the team to do their best and fight through any hardships. There will always be discontent in a game and to prepare for that we read this poem. It will put the team in the right frame of mind to win.

This year our team's goal is to win the state championship. So far we are undefeated this season, so we have not experienced adversity to its highest. Coach's solution to that was to start playing scrimmages against the Junior Varsity team, but the scrimmage would start with the score being 3-0 for them. The punishment for losing would be sprints. That alone is enough to put the team on edge, but beforehand he had worked us to the bone. Coming into a game physically, mentally, and emotionally exhausted does not help. After one of our players had made mistake, a teammate had called him out. Our coach's immediate reaction was to make us do sprints. His explanation was that if we lost our composure that easily we will not win a championship.

I started to model the lessons my coach had taught me in practice in my life. I started to keep my head up after a subpar grade and work hard to review what I had done wrong. I hope underclassmen can see the little things that you can apply from sports that can change your whole perspective on life. I continue to take life as a competitor, I still want to succeed, but I now know how to be thoughtful and respectful of others pursuing the same goals as myself. I am grateful to have younger siblings to pass this information onto, so as they continue to mature they know how to be competitive about their passions, but respectfully. I try to set the best example possible for them to emulate, and I can only hope that they continue to live their life learning from lessons I have learned.

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Clap
Valrie Paynton
Dartmouth High School

As a student in the Dartmouth High School Marching Band, I can easily say that although marching band isn't a sport, it is an activity that runs on the principles of sportsmanship and equality.

Throughout a band competition, several bands each perform their own specially designed show for a panel of judges. At the end of the competition, there is always an awards ceremony, in which representatives from each band stands on the football field to receive a score, placement, and award. Since I am the head drum major of my band, I represent my band during the awards.

Usually, when a band's score is announced, all of the other groups execute a practiced routine clap that shows their respect for the group that got their score; however, Dartmouth never claps. Our style as a band is formal and reserved, meaning our instructors as well as myself have encouraged other members of the Dartmouth band not to clap, not because we hold disrespect or animosity towards other groups, but to maintain a facade of professionalism. Its how we've shown our respect - not showing anything at all.

Despite having a tradition of keeping our reactions subdued on the field, this current 2018 season has brought change - now we clap. At first, I was opposed to this idea, simply because it went against tradition, but my instructors enlightened my views by making the point that some other groups may not understand that we aren't being disrespectful, and by clapping, we are showing other groups that the stoic Dartmouth Marching Band that we care for and respect them, even if we seemingly haven't in the past.

After talking to my instructors, I have come to understand that times are changing and a polite clap - not an extravagant routine - is a formal and respectful way to acknowledge the other bands that also put endless amounts of hours into perfecting their shows. A small gesture like clapping can establish a camaraderie among each band group, despite the competitive nature of the performance arts programs.

Going forward, I believe that acts of respect humility will aid me in me throughout life. Not just in sports, but in situations pertaining to jobs, academics, or even social events. To put it simply, I want respect from others as I go throughout life, and in order to obtain that, I need to start off by showing the proper sportsmanship, and that can be shown in several ways, especially through a simple clap at an awards ceremony. Losing or winning with both dignity and modesty is much more important than simply winning or losing, and a fact of life is that people who don't respect others receive no respect, and having no respect in life is a poor way to live, so it's imperative to me to display sportsmanship in every situation possible.

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18th Annual Student Sportsmanship Essay

Darian Santos

Greater Lawrence Technical School

I show sportsmanship both in school and life by maintaining an open mindset, leading by example and by having a plan. My name is Darian Santos and I am 17 years old. I am currently a student at Greater Lawrence Technical High school. One way I model sportsmanship is by not letting failures get to me. In sports I look at a loss, not as a defeat but as an opportunity to learn and grow. This is the same way I apply it to my personal life, by not letting a bump in the road stop me from accomplishing my dreams. As a captain and leader, I do my best to help and mentor those I lead around me. To me a leader is person who models good behavior but also leads by example and encourages others to grow and excel. From a very young age I had to teach myself to be humble in everything I did. I always keep this in mind, especially in sports, when I think I am the better player, I keep my head low not to attract too much attention. There are a lot of talented people out there who I sooner or later will have to face some way or another but that is something I cannot control. Working hard and staying true to my purpose is something I definitely control and harvest. Even when my conscious and heart tell me that I may be the better player, I cannot let my guard down because that is when my opponent will take advantage of my guard being down and win the match. In life if I do not work hard and act in a cocky way someone else will be getting the job I believe I earned. I try to stay ahead of the game by giving things the proper amount of thought and strategy. With strategy, I can focus on the play and build a plan which will make me successful. I can do this when facing the competition but also when it comes to keeping my schedule right. Since I have to go to school, practice and still do twenty-seven to thirty shift hours a week. Planning a schedule to follow is a must. Every loss is an opportunity to mature and to do things differently when faced with it again. There are two kinds of people in this world: those who lose and give up; then those who lose but work harder so that next time they are not outmaneuvered and defeated. I have learned to trust my abilities, myself and to never doubt my qualities. Knowing my strengths and weaknesses is important so I can understand my limits and capabilities, while also knowing where to improve. When it comes to knowing one's weakness, people tend to think of it as an end point. When in fact it can be used to build yourself up and show future employers that there are some areas in which you could do better.

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Sportsmanship in my life
Brianna Cronin
Notre Dame Academy

According to the Webster dictionary sportsmanship is “fair and generous behavior or treatment of others, especially in a sports contest”. Sportsmanship to me is very similar. I see it to be the same as the golden rule, treat others the way you want to be treated. Whether you are opponents or teammates you should always treat everyone with respect. When I was little like many others I played my town’s soccer league. When I think back when it was a bunch of us five- and six-year old’s running around the field I remember how no kid was wondering what the score was or who they should be covering. No one even knew who was on their team or how much we were losing by we were there to just have fun and learn. I see that as sportsmanship as well. When I’m on the field or court I try not to focus on the other team as the bad guys or the people I’m trying to beat, but the people I’m competing with, healthy competition to see how I’m growing as a player and having fun with it. Modeling sportsmanship is all about how you act during the game, it’s also the way you act afterwards. If you lose don’t makeup excuses for why you lost (the other team or referees etc.). On the other hand, if you win don’t rub it in, no one likes a sore winner sometimes they are worse than the sore loser. Modeling sportsmanship is all about giving your opponents, teammates, referees, and coaches respect. If you don’t treat them with respect then they won’t give you the same courtesy.

Sports have more of an impact on our world than I think people realize. When you’re on that court or field all other things can melt away, worries, stress. You can just be there in the moment doing something you love. Watching sports can have the same type of affect. Even though some of us die hard Boston fans get a little stressed during the games when Boston may be not playing as well. Sports give us a sense of comradery. Sportsmanship will also have a very positive affect on me on and off the field, because sportsmanship does not just apply for when you are on the field. Going through life there will always be another opponent or what may seem to be the other team. Whatever the situation is in life there are countless amount of times that you will feel that you are in competition with another person or group. But you can use the same sportsmanship guidelines from before. Treat everyone the way you want to be treated. If you do this, you will get the same respect in return and you can live a successful life.

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18th Annual Student Sportsmanship Essay

Elley Lavelle
Smith Academy

Sportsmanship is the act of being fair and kind especially during and along with after sports matches, which is very important. Many people including myself are taught to have sportsmanship throughout our lives, and many of us do have sportsmanship right now. We've learned since we were in elementary school then in middle school and now high school that it's not okay to brag, bully, or tease people for they lose a game, contest, or a test. We've learned to be kind and fair, and also help our peers if they can't hit a baseball or hold a football correctly.

Sportsmanship isn't just in sports, people can have sportsmanship when they get lower test scores or higher test scores and when they win or lose a raffle. Also people can use sportsmanship even in competitive environments.

People can be kind and fair by helping someone with their project if they don't have time or understand the material. After soccer games in our Physical Education class people compliment both teams no matter the outcome. Also after we all receive essay and test grades people congratulate others for their grades. This kind and fair behavior can make myself and our generation more positive in the future. We all will learn more about not judging our peers, not being sore losers, not bullying our peers, and not being unkind. In society today it is important to be kind, fair, and accepting to fellow peers along with others so our communities stay peaceful and happy.

Sportsmanship has already assisted us today by making our future together with present relationships more positive along with less toxic. Kinder along with more fair people will avoid conflict in and in addition to out of sports in the future. Riots after a big hockey or football game could be avoided due to people being kind also knowing the game was fair and fun. Also unfair court rulings can be avoided due to more fair judges.

All in all sportsmanship will help us in present day and in our futures by giving us the ability to make better, kinder, braver, calmer, and smarter decisions in and out of sports. It will help us in everyday life, at work and school, at sports matches, at the doctors, at interviews, at competitions, in games, and more. Sportsmanship will become a main part of our lives for years and years and years and years to come. It will make our lives happier and will make our lives have fewer conflicts and more. We have all learned a lot about and from sportsmanship and together with it we can strive to be better human beings. For the future of our communities and families, sportsmanship will be a true help. Many possibilities can appear in the future due to fairness and kindness which will make our world and countries happier and fairer places, today.

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18th Annual Student Sportsmanship Essay

Jonathan Wilson

Smith Academy

I can be a role model to my underclassmen by demonstrating good sportsmanship and keeping a good emotional state. This will also help me later in life by providing a good base for my future by setting a good example of myself to my peers and others surrounding me. Being a good sportsman is important because it shows your responsibility and gains respect from others this will help you later in life by giving you good relations with others. Being a good sportsman helps you practice making good relations in your later life because it is all about being kind and respectful.

Whilst being a good sportsman you will be associating with a team giving you a good base of how to work with other people. Having practice playing with a team is important because in today's world a lot of the big fields are based on working well with others. Playing with a team also helps you learn how to develop good relations with your teammates and then later coworkers keeping a serious yet friendly relationship knowing when to act as friends or act seriously to get work done. Being a team you also get to learn what it is like having a boss your coach will help you learn how to react around a superior helping you know what is appropriate in certain situations without as large of a consequence as you would have in a job. That is how being on a team will help you later on in today's world.

Being a good sportsman gives you respect from your peers and shows responsibility sending a positive message to people who later in life may benefit you. If you are a good sportsman the attributes you have in sports is also what most employers would look for so if you practice it and show it to others you will be a better candidate for a job that you are trying to get. If you run into your peers later in life and their first thought of you is one that relates to your good sportsmanship you be better in their mind than if they thought of bad sportsmanship, putting you at a better standpoint to set off on the right foot with them. The set of skills that make you a good sportsman are essential for life if you are unkind and don't "play nice" people will see you in a negative light and you will have little success in attempting to accomplish your life goals. That is how responsibility and good sportsmanship helps you find success in your life.

Being a good sportsman shows younger people how to succeed in life so being a good role model is important. Being on a team prepares you for working in a job environment. Being a sportsman earns you respect from the people around you. That is how modeling sportsmanship will help me in today's world.

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Sportsmanship Essay

Michael Bassett

Smith Academy

I think that I model sportsmanship pretty well. Sportsmanship is a very important thing, even outside of sports. Sportsmanship is a combination of many traits and qualities. All of these traits and qualities can be important outside of sports. The first trait is leadership. A good leader also has to be able to stand up to adversity and be able to communicate well. Another trait of sportsmanship is competitive drive. You have to want to win to have respect for the people playing, or doing whatever it is you're doing. And finally respect. Not only for the other players, but for the game or activity itself.

Sportsmanship is also how you react to certain scenarios in an event. It is your reaction when things don't go your way, and how you react when they do go your way. An example of good sportsmanship is losing game 7 of the World Series, and congratulating the other team. Sportsmanship is the level of respect you show for the game. Examples of sportsmanship are when people sacrifice for the greater good of the team, or for somebody else.

Sportsmanship in the real world means so much more. Not so much of the congratulating the other team, but handling problems in life. Especially how one reacts to adversity. Life is full of curveballs. Being able to accept and overcome those adversities are what defines you as a person. It's like going down 2 immediately in the bottom of the ninth with 2 outs down by 1 and a man on third. What people do when problems arise, is what builds character, and in the case of sports legends.

Sportsmanship is especially important to me because I am a very competitive person, mainly in baseball. If it weren't for the lessons of sportsmanship, and my respect for the game of baseball, I would be the most tossed player ever. Losing is tough, failure is just as bad, but its how you get back up after taking a shot from life that is important.

All of these traits not only affect your sportsmanship, but also your life. Leadership is needed to move up the ladder in life. Respect is needed to gain respect from others. Integrity allows you to get right back up after a bad day, and stay in a relatively good mood. Sportsmanship doesn't just go for sports, but it affects your job, friends, and family, also known as, life.

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Sportsmanship No Matter What
Emilie Fiore
Methuen High School

Sportsmanship is a very important trait to obtain in both sports and the real world. I am lucky and grateful to be involved in an athletic community that revolves around good sportsmanship behavior. I believe that I model sportsmanship on and off the field and the practice I have had will support success in my future.

Whether I'm on the field or in the classroom, I always express a positive and respectful attitude toward everyone around me. However, I know others may not do the same. During a soccer game at the beginning of this season, I was playing against a team that unfortunately was taunting and talking back to some of my teammates and I. This ended up happening again at another game as well. I was happy to see my teammates and I handle the situation by saying that we promote good sportsmanship and continue to ignore the comments being made. I have been taught by my family and school leaders that you should show good sportsmanship no matter what, so this incident really proved that my team and school promote sportsmanship strongly. This made me realize how important sportsmanship is and how it reflects who you are as a person.

Having good sportsmanship can support your actions in your future life. It shows that you are patient, respectful, and understanding, which are all beneficial traits to have in your future career. If you are a good sport as a young adult, it will hopefully carry on through the rest of your life.

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18th Annual Student Sportsmanship Essay

Jacob Dubin

Sharon High School

The difference between confronting someone with positive energy rather than negative energy is huge. The moment you can congratulate someone for an achievement, but not point out their biggest mistake is a make or break for someone's attitude. 'Graciously persevering past the result, showing respect for both sides of the field, and empathizing with others' thoughts and ideas' is generally how sportsmanship can be described. Idealized by coaches during our adolescence, sportsmanship teaches the fundamentals of life as competition is existent in everyday society. Even though it is quite invisible to some, the reward of effort and perseverance are the most important aspects of a good, productive worker. Extremely prevalent in our academic and athletic societies in high school, competition takes over most interactions while the ultimate idea is to better ourselves through that competition. We can only do so if we show sportsmanship and fair play within the states in which we compete. As a student-athlete, I have and I will take the pledge to win with a great attitude and to lose with grace. Not only do these ideals teach us how to respect others, but they impose a greater aspect of what our future will simply pertain.

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18th Annual Student Sportsmanship Essay

Emily Danielson

East Bridgewater High School

Being a “good sport” in track and field is not as hard to do compared some other sports. I understand how in contact sports, people get upset and can say words they don’t necessarily mean, but in track where there is no contact with others, all it takes is kindness, which is simple. Being a sprinter and long jumper, my events go by pretty quick and there is no time for talking while running. However, before and after the race is when I enjoy being a good sport towards my competitors. A simple, “good luck girls!” can go a long way before a race for some people. I know before all my races I am extremely anxious, but hearing someone who I am racing against, wish me luck can make me feel a whole lot better. Since I know from experience, being genuinely kind before a race can go a long way, I like to spread that kindness to other who may be just as anxious as I am, with the hope of making them feel better. As well as before a race, I like to congratulate my competitors after a race. No matter what place I receive, I am proud of my accomplishments and proud of everyone who was a part of the race so it gives me joy expressing to them how well they did. I feel that a compliment after a maybe not-so-well race, could go a long way.

In today’s world I see so much hate and negativity. With each act of kindness, a couple people can change the world. Being a good sport in not only physical activities, but in life, is so crucial. In the future I know I will come across situations where I am put with a team to solve a problem; whether it is in college for a project, or in my future occupation. My good sportsmanship will carry itself with me wherever I go. I know being a positive influence on people and being a good sport is all it takes to be successful when communicating with other individuals in life. Sportsmanship is all about being a good person even when sometimes you are face to face with a rival. “Killing them with kindness,” is not just a saying that people use for no reason, it is a statement that actually has shown to work for me. Not only in sports but in life in general, everyone should treat others the way they want to be treated, whether it is on the track before a race or in the job place. Being a good sport has helped shape me into the person I am today and I plan to carry that factor with me throughout my future to help me be the best version of myself.

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18th Annual Student Sportsmanship Essay
Hanna Brennan
Longmeadow High School

Liz,

We agreed not to say goodbye, because it's too sad, but...there are a few things that can't go unsaid before you leave for college. You are my person, my role model, my inspiration. "Can't wait to kill it with you this year" was the first text you sent me, after I made varsity soccer freshman year; at the time, I couldn't believe I'd gotten a text from a junior, but I quickly realized that you disregard any barriers of being kind and your positivity never falters. Your peppy voice always encourages our soccer and lacrosse teams, as you chirp "let's go, guys!" while completing monotonous running drills during practices.

Do you remember when you accidentally pulled our opponent's pants down during the game against Chicopee Comp? You immediately apologized genuinely and laughed with the girl; she even knew you don't have a mean streak in you. How cold were you during our late October games? Despite being injured, you let your presence and support be known: your cheers from the sidelines boomed, and we felt like you were playing with us. Or how about your perspective in our disappointment about our lacrosse state final game when we fell just short of Needham? You told me, "Everything happens for a reason. If we were supposed to win, we would have."

During the past two years, I have watched you and worked to emulate your good sportsmanship. I see every practice and team experience as an opportunity to bond, to encourage one another, and to become better players and people; I get everyone laughing during boring drills, raising their spirits and reminding them that we're in this together. I treat my opponents with respect and remember that we are all playing for love of the game. When I referee little kids, I use mistakes as opportunities to teach them: when one player, unsuccessfully attempting a new move, accidentally hits another in the head, I don't flash a yellow card at her but instead pull her aside and explain what happened, how to avoid it in the future, and facilitate an apology and handshake.

Now, as I enter my senior year, I know that I have the responsibility and privilege of leading our teams, making sure that the values you have brought to LHS varsity soccer and varsity lacrosse are not lost. I feel so lucky to have had your mentorship during my freshman and sophomore years, and now I'm ready to tackle this challenge on my own. I promise that I will be the senior to reach out to the new players, welcoming them to the team. I vow to support the freshmen in selling their calendars and cookies by driving them around town. I pledge to leave aggression at the gates of every field, playing hard yet fair. I guarantee that I will look for the silver linings and find new perspectives even when I'm feeling frustrated. I commit to being hard working, resilient, and positive.

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Sportsmanship
Naicha Christophe
Taunton High School

The values that children, adolescents and young adults learn are crucial in shaping their individuality, and the notion that the most important life lessons are associated with sportsmanship rings true. The hours of conditioning taught us discipline. The sport itself teaches us integrity. Our team helps us to choose kindness, develop friendships and work together. The wins shows us that hard work pays off, and the losses keep us humble, while empowering us to do better. These attitudes will lead to success because success is a result of good sportsmanship.

The question this year is 'how do I model sportsmanship,' and the answer is simple: you already do. Whether or not we've been aware, we have all exhibited sportsmanship in some way, and continue to exhibit good sportsmanship daily because it has been ingrained into who we are as a person. Sportsmanship is the generous and fair treatment of others in a sports setting. For example, when we shake our opponents hand or help someone up who has fallen down, we are displaying good sportsmanship. As members of the athletic community we practice this concept repeatedly, and we unknowingly let it shape who we are. On the court we are taught honesty and unity, we are compelled to work to the best of our abilities, and we are told to never contemplate the idea of quitting. When we think about who we are, and when we are asked to sum up our character into adjectives, it all ends up connecting back to athletics. We are *hardworking*, because our coaches told us never to give up. We are *kind, considerate and work well with others* because we are part of a team. We are *successful* because we play sports.

Not everyone possess these traits, nor do they have the abilities, wisdoms, and character lessons that athletes do. That gives us an edge, and an advantage that no one else has to strive for our goals. We don't fear failure, because we know that determination eventually leads to success, and everything our coaches, teammates, practices, wins and losses have taught us can be applied to everyday real world issues and tasks. Sportsmanship will not only support your future in today's world, it will be the foundation of your future.



MIAA Student Sportsmanship Essay/Multimedia Contest History

- 2001 What Does Sportsmanship Mean to Me?
- 2002 What Does Sportsmanship Mean to Me?
- 2003 The Role of Parents in Sportsmanship
- 2004 The Role of the Media in Promoting Sportsmanship
- 2005 The Role of the Coach in Promoting Sportsmanship
- 2006 What is My Role in Promoting Sportsmanship?
- 2007 What Does Sportsmanship Mean to Me?
- 2008 The Role of the Fan in Promoting Sportsmanship
- 2009 How Do Your Choices Impact Sportsmanship?
- 2010 The Role of Athletics in Deterring Bullying and Encouraging Respect
- 2011 How Can Student-Athletes Make a Difference in the Community?
- 2012 How Do the Values of Educational Athletics Build Your Future?
- 2013 When You Need it the Most...You Feel Like it the Least: What is your Sportsmanship Moment?
- 2014 Social Media and Sportsmanship: How do they work together?
- 2015 Paying forward...How an act of Sportsmanship made a difference in your life
- 2016 What word best defines sportsmanship, what it means to you, and the role it plays in high school athletics?
- 2017 The Authentic Athlete: How can you support teammates to be their best; while being true to yourself?
- 2018 How do I model sportsmanship and how will it support my future success in today's world?



Acknowledgements

The Massachusetts Interscholastic Athletic Association extends its appreciation to the high school students from the following schools who submitted entries to the 18th Annual Student Sportsmanship Essay/Multimedia Contest and to this publication. We hope that your voices will influence others to share your ideals. Volume XVIII of “Sportsmanship: A Game Plan for Life” is dedicated to the young people who demonstrate sportsmanship, ethics and integrity in their actions, and serve as role models for building the future.

Abington High School	Lynnfield High School
Amherst RHS	Maynard High School
Ashland High School	Methuen High School
Bedford High School	Middleborough High School
Belchertown High School	Mount Alvernia High School
Bishop Stang High School	Norton High School
Cambridge Rindge & Latin	Notre Dame Academy (Hingham)
Chicopee High School	Pembroke High School
Clinton High School	Randolph High School
Dartmouth High School	Sacred Heart High School
East Bridgewater High School	Sharon High School
Fontbonne Academy	Smith Academy
Franklin High School	Southwick RHS
Greater Lawrence Technical School	Sutton High School
Greater Lowell Technical School	Tahanto RHS
Hoosac Valley High School	Taunton High School
Longmeadow High School	

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