

Title IX and sportsmanship make high school sports better because they give us a chance to do what we love and share the love throughout the community. Title IX gives equal rights, gives equal opportunities, and gives equal needs. Sportsmanship allows athletes to show the world that it is more than just a game.

Until recently, I was unaware of the Title IX rule and how big of a role it played in my life. Title IX states that “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance”. When you think about it, title IX not only supports women but it supports men as well. Although the goal of the law typically applies to women, it is designed to give women and men athletes equal opportunities. Another thing I love about the rule, is that we do not want the same amount spent on all sports (such as men’s football gear vs women’s field hockey gear) because some sports require more equipment than others causing it to be more expensive. Instead we want all athletes to gain the same quality equipment and have what they need to succeed. Quality equipment leads me to my final love for title IX. The overall and most important idea of title IX is to allow athletes to all acquire the same desired facilities, gyms, equipment, education, tutoring, travel, meals, and medical services. After everything I have researched, this seems to be the most important, especially considering what recently happened with the NCAA college basketball tournament in the bubble with the men and women. As a quick recap, the men had a fully stacked weight room, a giant care package with “swag” gear, and great food. The women had barely a weight room, a terrible care package, and soggy cafeteria style food. The whole March Madness tournament violated the title IX law. Without the law though nothing would have or could have been done.

Sportsmanship is something that makes the game bigger than a game. My dad always told me “without your opponent, there is no game so respect them and the only way to do that is to play hard.” I still think of these words my dad repeatedly told me growing up. Playing hard though does not mean dirty. If you get called for a charge, you help them up. If they make a great play on you can be mad, but you can also let them know “good job”. Sportsmanship can go a long way for everyone at the event including parents, fans, refs, and coaches. There are so many different connections that sportsmanship can go to but without it, the game would just be a game and nothing more.