



## Sportsmanship Essay Collection A Game Plan for Life

A collection of recognized essays from the

### 21<sup>th</sup> Annual MIAA Student Sportsmanship Essay/Multimedia Contest

**Celebrating** the **inspirational individuals**  
and **landmark moments** in the history  
of **Title IX**, and **continuing to grow** the  
**educational** and **competitive opportunities**  
for the **future**.



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*“Title IX and sportsmanship make high school sports better  
because.....”*



***“Title IX and sportsmanship make high school sports better because.....”***

This book represents the winners and finalist entries in the 21<sup>th</sup> Annual MIAA Student Sportsmanship Essay/Multimedia Contest as voted by the MIAA Sportsmanship Committee.

**Multimedia Category**

***First Place***

Akrif Semakula, Alex Derobert, Nathaniel Mauroy  
Maynard High School ~ [link to video](#)

***Runner Up***

Isaac Barbagallo, Ryan Sherman, Angel Rodriguez  
Maynard High School ~ [link to video](#)

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**Literary Category**

***First Place***

McKenzie Faherty - Bishop Feehan High School

***Runner Up***

Tabitha Chen Fiske – Winchester High School

## Contents

<b>First Place</b> ~ McKenzie Faherty, Bishop Feehan High School.....	3
<b>Runner-Up</b> ~ Tabith Chen-Fiske, Winchester High School.....	5
Brooke Colangelo, Shrewsbury High School .....	7
Kaitlin Silva, Dartmouth High School .....	8
Lindsey Wickson, Leicester High School .....	10
Alexis Goodney, Leicester High School .....	11
Carini Madison, Abington High School.....	13
Molly Rioux, Dartmouth High School.....	15
Alys Macauley, Methuen, High School .....	17
Erika Our, Douglas High School.....	19
Maren Halpin, Milford High School .....	21
Szymon Ferri, Tri-County Regional High School .....	23
Ryan Potter, Methuen High School.....	24
Giomar DeJesus, Chicopee High School .....	26
Nhyira Nkansah, Chelmsford High School.....	27
Caroline Killilea, Ursuline Academy .....	29
Abigail McDaniel, Oxford High School .....	31
Tia Kareh, Hoosac, Valley High School .....	32
Owen Fitzpatrick, Hopkinton High School.....	34
Braeden Carter, Methuen High School .....	36

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 athlete’s 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.

*Runner-Up ~ Tabith Chen-Fiske, Winchester High School*

Just like countless other teenagers, sports have always been an integral part of my life. As a competitive diver, I've trained for years to attend high-level club competitions. Since my freshman year of high school, however, I've also been a part of my high school swim and dive team. As a senior, I've realized that the high school team has had a huge impact on myself as a person. Because of the inclusivity that Title IX brings to high school sports, teenage girls like me are able to learn critical leadership skills through sport.

The Winchester Girls Swim and Dive team is unique. In my freshman year, there were seventy girls on the team. We outnumbered other teams three-to-one, and yet, no one was overlooked. The older, more experienced team members took care of the new swimmers, and everyone, regardless of performance in the pool, received encouragement. Sportsmanship was our priority, and it showed. At meets, we cheered until we were hoarse for both Winchester and the opposing team. At team dinners, we sat in one huge circle and laughed over plates of pasta. At school, we shouted hello, gave high fives, and hung out between classes. Our team was, and is, sportsmanship embodied in a group of teenage girls.

It's easy to forget, however, that just a few decades ago this team didn't exist. Before Title IX, women were discouraged from participating in sports, perpetuating the stereotype that they were inferior to men in athletic- and mental- ability. Title IX broke barriers when it stated that no one could be discriminated against in state-funded sports, regardless of gender. All of a sudden, the athletic opportunities were endless for young women who had previously had none.

I'm one of those young women. Four years ago, I never would have imagined I'd become a leader. Yet as a senior and co-captain of the swim and dive team, I've learned to

organize, delegate, and manage the fifty girls that look to me for guidance. Moreover, I'm comfortable being a leader and I have confidence in my abilities. Most importantly, I've learned that sportsmanship is essential in being an effective leader and role model. During hard practice sets, I constantly encourage my teammates. I talk to girls who are struggling to juggle school and swimming, and I help them with schoolwork outside of swim practice. I communicate with our coaches to ensure they know exactly how the team feels that day, and I make sure that everyone receives recognition for their hard work.

Title IX allowed girls like me to freely participate in high school sports, teaching them to be confident, sportsmanlike leaders. In a world that still sees inequalities between men and women, young women who participate in high school sports will enter the working world knowing how to confidently organize, manage, and lead others. Thanks to Title IX, high school sports are helping to pave the way to a more equitable world, one athlete at a time.

Title IX and sportsmanship make high school sports better because they support the future of athletics in this new world. 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.” This statement develops a rule that gender is not to be a roadblock. The sex that someone identifies as does not matter. It is the skill that is important.

If someone is good at a sport why should one’s sex have an impact on their ability to participate? People. Rules do not make a difference, it is the people who follow them that do. Treating people fairly and with generous behavior makes a real impact, especially in sports. This is known as good sportsmanship. As our world advances, gender becomes a bigger topic.

Unfortunately, equality is an issue between genders in sports.

So, why do Title IX and sportsmanship make high school sports better? They create an inclusive environment that offers more opportunities for all genders. These ideas make a big difference in high school sports.

In this changing world, spurred by growing access to technology and communication, disparity is all too common. And while technology may have intended to connect the world, it can easily cause deeper divides than before. That is why title IX and sportsmanship is so important to high schoolers today. Title IX creates athletic environments for everyone, allocating the resources previously denied to foster opportunity for everyone to work together. Sportsmanship works alongside this, and in high school sports players bond over shared passions and healthy competition, bridging gaps between social and economic divisions. Combining the two allows for everyone to make the most of the high school experience, regardless of the boundaries put in front of them.

Prior to Title IX, money and sports resources were often unfairly divided, causing males to dominate athletic areas. New regulations under Title IX changed that, allowing students of all genders to benefit from sports. This especially benefited high school students, who are able to involve themselves in athletic programs early on. Title IX allows students the opportunity to grow themselves as individuals, bettering themselves physically and mentally. High School is a time when many students struggle with pressures, external and internal, as they brace themselves to cross the gateway into adult life. Sport programs can relieve this stress, and arm high schoolers with the skills to face the world ahead of them. And thanks to Title IX, every student is given these opportunities, regardless of their gender.

Sportsmanship is just another essential part of high school sports. Sportsmanship demands the respect and fair treatment of those around you, a trait just as important outside of sports. Yet the paradox of learning this skill through sports, in an environment usually dominated by competition and aggression, furthers the understanding of what sportsmanship really means. Sportsmanship requires a player to put aside their own beliefs

and emotions, allowing others to feel safe and appreciated. Sportsmanship taught from a young age allows players in high school sports to grow into kinder, empathetic adults. Empathy is a crucial life skill, allowing connections to be formed with those around you. And by forming friendships on a sports field is the key to that. Without sportsmanship, high school sports would create a hostile environment, one too driven on victories to allow any life skills to come out of the experience. Yet players chose to be kind instead, once more allowing benefits to come from sports.

Few people will deny the importance of sportsmanship and Title IX, yet the level of importance is underestimated. Sportsmanship and Title IX allow every high school sports to create a beneficial environment for all those participating. Players will carry more than just the medals and talent they gained during their sports career. They will also walk away with memories and vital life skills, something far more important than any individual victory. High school sports allow students to blossom into their full potential, something only made possible by sportsmanship and Title IX.

High school sports are a huge part of many students' high school experience and it is what makes High School enjoyable. Not only does it bring joy to the people that watch and support the sports but also to the players themselves. Playing a sport is extremely important to the people who actually play them; in fact to be on a team you need to make good choices and keep up your grades.

Title IX and sportsmanship make high school sports better because it gives women the same opportunity as men in High School sports. Allowing for women to have equal rights in the sports. As previously mentioned, playing sports is very important in keeping kids on the right path and giving them something to look forward to and be hopeful towards. If women do not get the same opportunities as men in the school such as equipment, uniforms, funding, etc. then they might feel as if they are less. Additionally, because they feel as though they are not important they would not want to be part of sports and because of this they may not feel the need to keep up good grades and make good decisions.

Without Title IX and sportsmanship the lives of female High School athletes would be put infinitely at a disadvantage and a whole domino effect would occur. Without having a sport they may feel like they don't have a sense of belonging, and because of this they are more likely to fall onto the wrong path. Their grades would ultimately suffer and this would affect their ability to get into a good college and have a solid career path.

Being a part of high school sports is something that most children will be a part of during their years and sportsmanship and Title IX elevate these sports to their highest potential. When you join a sports team you're not just playing a sport you're making lifelong friends and family. You may hear of incidents in the news where there is hazing or discrimination within teams, but this is something that the MIAA is actively working against. This is not something that we want to define high school sports. So coaches and players are educated on proper sportsmanship and the rules of Title IX which allows for children to enjoy these sports to the fullest.

Sportsmanship is defined as: conduct (such as fairness, respect for one's opponent, and graciousness in winning or losing) becoming one participating in a sport. Most children understand this concept and are taught it from the start of them participating in any group activity. This helps to ensure that the sport is enjoyable for everyone that participates, sometimes in games and competitions tensions can arise between players and teams. It's crucial for them to remember their sportsmanship and that they are playing this sport for their enjoyment and happiness, it's not something that should be fought over.

Title IX was created in 1972 to make certain "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." Too often in the past years have we seen discrimination between boys and girls sports. The boys are consistently prioritized, with better funding, better uniforms, equipment etc. The purpose of Title IX is to put an end to that because it can discourage girls from joining a sport because their sports are seen as "less than". So therefore with this

in place sports, specifically for females immediately becomes better. These girls can now fully enjoy their sport, without worry of discrimination.

Sports have been around for years and will be something that never goes away, it's a large part of many high schools. It brings children together. Therefore we must ensure that these teams are a place of happiness, that they are enjoyable, and fun for the children. The way to do this is through sportsmanship and Title IX, everyone should be educated on these two topics before joining a team. Because if they cannot fulfill these to the fullest then they should not be participating.

You're walking alone in the hallways, developing an overwhelming sensation of unbelonging. You feel eyes glued on your every move, growing a terrible pit in your stomach. Slouching in class, nodding, praying that no group work gets assigned. You are stricken with thoughts of judgment piercing through your body, shaking the sliver of self-confidence you had bottled up. This was how I felt every day at school, until I began sports my freshmen year.

By joining sports, people are brought into a world full of student athletes who genuinely care for each other. The individual bonds that come from a solid team can give students a back-bone of support through everyday stressors. When athletes feel that their life is crumbling in front of them, intense sportsmanship can aid in rebuilding internal determination and confidence. A team doesn't solely help each other in a game but eases all aspects of life. When we receive positive reinforcement from a group, it can enhance greater improvement on our own well-being. People tend to treat themselves, how others treat them;

Therefore, when we are told up-lifting compliments from our friends, we start to believe them. Some students are not given motivation or support in their homes, but the right teammates can build their own family. We know a team has a healthy and uplifting environment, when not only the team succeeds, but each person can take away an individual lesson. Self – love is something that people are not born with but is something we must learn to understand and develop, and effective sportsmanship can make students personal growth flourish.

However, growth is not achieved in a linear pattern, but is a cauldron of confusion and deception. Athletes must learn how to choose their battles through

high school, in hopes of becoming better versions of themselves. Challenges are expected in life, we face them every day, but nobody should have the worry of conquering battles based off of their gender, and tribute to Title IX, there are no longer sex-based discrimination in our world. Title IX has shown so many people that they have meaning in our world. In High School many students suffer from low self – esteem and this law has broken the fear of being judged on something we cannot control.

As a female I find it incredibly uplifting to know that I am seen on the same pedestal as a male. I feel such joy in knowing that future female, student athletes will have a fair chance in being seen and heard in their communities and have zero fear of mistreatment. Title IX and sportsmanship have created an atmosphere where students feel they have expression of personal growth and freedom.

In August of 2021, I was approached by my club lacrosse director in Boston and asked to be a girl's lacrosse goalie coach for the younger girls in the program. I went to the first practice, watching dozens of goalies ranging from grades 4-11 put on their helmets, chest guard, and gloves, and fearlessly step in the cage, volunteering to face some of the hardest shots in the game.

Last week, when shooting the ball at a 9 year old at practice, she looked at me and said, "Coach Molly, I feel so strong when I am goalie, I am having so much fun right now!" And that is what Title IX is all about: lighting that fire within young girls that thrives off of each save and win, one of empowerment and uplift that spreads to everyone they play with; no matter which town is across their chest, a fire that still burns today in my heart and I have every intention to spread.

The empowerment that young girls initially experience turns into a greater, more meaningful, but difficult phenomenon in high school: leadership. The leadership skills that girls can be exposed to in high school athletics are some that are not taught in the classroom or at the dinner table, but touched upon in the hardest minutes of the fourth quarter, on the last reps of the track workouts, when the officials don't exactly make the right call, at the time out huddle, and in every moment when something, anything in the game is *hard*.

The composure in these difficult times spreads across rosters and is a building block of sportsmanship. Without sportsmanship, there is a sense of community on the field that is forgotten and the overall love of the game; the "fun" that one of my 9 year old goalies spoke of, is lost. The leadership and sportsmanship that is built up in high school transpires into

real-world situations in post-secondary school, which is no coincidence why 65% of the most powerful women in business, as of 2017 played sports in high school (Fortune).

So when asked how Title IX and sportsmanship make high school sports better, I don't think of qualities that improve them, but how Title IX and sportsmanship merely *make* girls athletics possible. These two factors are what inspire each generation of student athletes to take the empowerment; that fire that lit when they were young and not only spread it to their peers, but to the next age of female athletes.

Title IX and sportsmanship make high school sports better because it makes both men and women sports equal in every way. Most people think that title IX is just for helping girls and women but that is entirely wrong. Yes, it might help girls play sports that they might not have been able to play before title IX was put into fruition, but it's not just about girls it's about all genders. Title IX helps make high school sports equal so that if one gender team gets special funding from the school then the other gender team should get the same amount of funding. If title IX never came to light then some boys would have never been able to play sports such as, volleyball and swimming, and it also allows women to play the sport that they love and have them be able to play in good uniforms and with good equipment and on good fields. Title IX helps all genders and make everything in the sports world as equal as possible. Title IX does help in the sports world because before it came into fruition men weren't allowed to play some sports and women were allowed to play most sports and now since title IX is here they were allowed to play anything that they want to play. Title IX has made it so that if there isn't a boy team in a certain sport then they could join the girls team and it goes the other way around. If a boy wanted to join a female dominated sport then thanks to title IX he'd be able too. Having title IX in place with sports and funding for these sports helps both sports a lot because it makes everything even and better for each gender team and sport. I think that if title IX were to go away then it would be better from when it started but then it would probably start to go downhill again because yes we have come far since 1973 but not by much. Yes, people are now allowed to play the sport that they want to play without gender getting in the way but people still get told that they can't do this, can't act this way, and people do still get discriminated against just because of their gender. If title IX were to go away people might stop paying attention to certain female sports. Men might not be able to play certain sports anymore

simply because it is a female dominated sport and because there might not be a team for males now, since there is still Title IX in place, people are allowed to play whatever they want to play without their gender dictating whether or not they can do it.

Students in sports, common right? Well with Title IX and sportsmanship it is possible to keep this high number of individuals taking part. High school sports are embedded with a competitive mindset and contain multiple levels of pressure, which creates a negative connotation with the relation to sports. Title IX and sportsmanship allow student-athletes to take part in sports that are both inclusive and fair.

Title IX is a step closer to success in high school sports. This regulation states that women and men be provided nondiscriminatory opportunities to participate in sports. This designs a healthy and fair environment for all genders, with all of the stereotypes related to women and male sports, this mandate allows for each student to be involved in sports with the same chances, equipment, coaching, and more. Women in athletics are often surrounded with the ideology of being weaker and having it easier, which is completely incorrect. With the same chances as male players, women will eventually be seen as equal instead of having a “weaker” reputation. Not only is Title IX important to high school athletics but sportsmanship also plays a big role in keeping a healthy stigma.

Sportsmanship is the true basis why high school sports are still ongoing today. With the tension and rivalry amongst different teams, players, and coaches, the ability to keep it professional improves the style of play and allows for the athletes to seek healthy competition. With so much stress put onto student athletes to be the best, sportsmanship gives a leeway for students to strive for better without being conflicted with more troubles. Teams who radiate fairness and respect often are represented better than those who treat others unethically. Having sportsmanship is a skill every individual should possess, it is used for everyday living.

High school sports provide students with a different type of atmosphere outside of their academic career. Without Title IX and sportsmanship, sports would not be recognized as heavily as it is right now. Title IX allows for each individual to have an equal chance to succeed, while sportsmanship creates for a healthy interaction with sports. Athletics are an important part of students' lives, with these additions, many students are allowed to keep a fair and safe mindset towards sports and keep playing with a better attitude.

If I was a student in 1970, my high school experience, and the person I am today, would be very different. Prior to 1972, young women did not have the same opportunities that I am so grateful to have. Title IX changed the game for young women all over the country- it gave them the legal right to have the same extracurricular activities, such as athletics, as their male counterparts. High school sports have taught me so much, such as leadership, hard work, and perseverance. Without Title IX, I would not have these opportunities. Title IX opened so many doors for young women for generations to come, molding not just our high schools, but also our future as a country and a world.

As a cross country and track and field athlete, I see the power of sportsmanship every day. On the surface, sportsmanship may seem like something we tell young children to instill values of kindness and respect in them, but sportsmanship goes so much deeper than this. Sportsmanship has taught me to not see my competitors as obstacles or blockades to my success, but rather as motivators and accelerators. My competitors are the reason I work hard at practice each and every day, and why I pour all of myself into every race. Sportsmanship's physical manifestations are in the post-race embraces between competitors, the "great job"s, the breathless smiles at the end of an exhilarating race. More than that, sportsmanship gives every athlete the perspective to truly appreciate and respect their competitors. Without our competition, we are not truly competitors, we are not truly athletes. Our competitors push us to be the best athletes we can be, and we do the same for them. Sportsmanship is the trademark of healthy competition, and healthy competition is a trademark of improvement.

Title IX and sportsmanship have formed who I am and my high school experience, and they do for thousands of other student-athletes all around the nation. Sportsmanship

creates local, regional, and national communities of student-athletes that appreciate and respect their competitors, and better themselves because of them. Title IX ensures that no young woman will ever be denied an opportunity to get on the track, court, or field. It enables our nation's next generation of women to find their passion and have the transformative experiences of high school sports. We have the privilege to take for granted something that, just fifty years ago, may have seemed like a far-off dream.

It was once said that “We cannot change what we are not aware of, and once we are aware, we cannot help but change.” In 1972 this country was made aware of the issues of gender inequality, and the fact that changes needed to be made. Thanks to Title IX, we have made major improvements in our high school athletic department, which includes the gain of more people playing high school sports. One fact that stood out to me in Title IX is that nowhere in the law said the words “athletics” or “sports”; which are the words that have come to be associated the most with Title IX. Through the guidance of our school educators and leaders, we have been more aware of the need to show sportsmanship; not just on the field but in our daily lives as well. In order for us, as students, to display sportsmanship we need to be aware of our speech, actions, and attitudes towards each other. This applies to not just people in your school but everyone we come across. Title IX has benefited the school department tremendously in the past almost 50 years. Title IX has not only made sports playable for all genders but has also made the students feel more protected when playing them. That includes, having quality coaches, up to par locker rooms, and supplying protective athletic equipment and supplies. After learning and reading about Title IX, the ball has been put into my court not only to treat others with equality, but to lead by example and not exclude anyone from any sport or activity.

As defined by the Merriam Webster, sportsmanship is; “Fair and generous behavior or treatment of others, especially in a sports contest.” Sports is commonly known for its competitive behavior. But, sports is much more than just competition. Being on a sports team is one of the big reasons and sources of the connection between friends.

Sportsmanship is why we, as high school students, play on sports teams. The high school sports aspect would be completely different without the bonds players make. As said in the definition, sportsmanship does not just end within yourself and your team members. This past weekend, at Methuen High school, we beat a rival football team 41-12. Without putting up a fight, crying in the ref's face, or trash talking, both teams lined up, and commended the opposing team. Sportsmanship came from both teams that night. If anyone had totally lost it, relationships and connections would be destroyed. But, the sportsmanship and bonds players make in all sports, would not even matter for many without Title IX.

Let's say I am a 16 year old female in eleventh grade. Every Sunday in fall, I sit down and watch any football game I can. Why should I not be able to join my High school's football team? Is it because they think I'm too weak? Do they think I'm not fast enough? What are the sexist barriers stopping me from competing with the boys? Nothing. This is all because of the Title IX rule in place in Massachusetts through the MIAA. Title IX is the prohibition of discrimination of sex in programs receiving Federal financial assistance. Sports are considered a part of an institution's education program and for that reason are covered by Title IX law. It is more important for people to be able to do the sport of their choosing that makes them happy, rather than break their happiness and not let them compete. Boy's volleyball in high school tends to be looked down upon and doesn't seem to have many participants. There is not a definite reason why it's not as popular as most other sports.

Whether it's just not talked about enough, or people would rather play other sports, it's still barely hanging on in the category of high school sports. As a boys volleyball player myself I would have to say I would feel disappointed and left out if I couldn't play because of something I can't personally control. I remember when I was in seventh grade my school had a volleyball clinic. As I had guessed, there were only two boys in the club. I still thoroughly enjoyed that club no matter how many boys were in it and I would have to say that that's what spiked my interest in volleyball in the first place. Sportsmanship and Title IX give all high school students the ability to express themselves and enjoy a high school experience, overall making it better.

Title IX requires that women and men be provided equitable opportunities to participate in sports. Requires equal participation, equal sports education and equipment. Title IX benefits boys and girls, men and women. It brings fairness to all players who participate in sports and many opportunities. Developing good sportsmanship does more than show kids how to behave politely during and after a game. Sportsmanship impacts how children interact on and off the field. Good sportsmanship builds teamwork, character, and teaches respect, honor, discipline.

Any bad sportsmanship should not be tolerated at all.

Good sportsmanship encourages Diversity, Equity, and Inclusion by strengthening bonds between players and bringing together different people through those experiences. It can also bring people together from across the world, it doesn't matter if you're a boy or a girl. It strengthens the environment and makes it a better place for everybody. Some examples are shaking hands after a game, helping out an opponent after an injury, clapping for everyone and cheering everyone on. be respectful to everyone including teammates, the opposition, parents and officials. At the end of day, it's just a game.

Title IX requires that women and men be provided equitable opportunities to participate in sports. Requires equal participation, equal sports education and equipment. Good sportsmanship encourages diversity, equity, and inclusion by strengthening bonds between players and coaches all around the world. Chicopee High sets a great example of title xl, when it comes to sports, equality comes in and helps with sports equipment, sports games, and equal opportunities for all. Title xl and sportsmanship makes high school sports a better place.

In 1972 the U.S. Congress passed the Title IX of the Education Amendments Act which stated 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." In other words, women were finally able to become the great athletes that they envisioned themselves to be. The Merriam-Webster definition of sportsmanship is conduct (such as fairness, respect for one's opponent, and graciousness in winning or losing) to one participating in a sport. But it's so much more than that. Sportsmanship is the ability to humble yourself no matter how great you are. It means that even if you're the best or worst player on the team you're able to support and treat others with the kindness they deserve. It is a conscious effort to make sure that the sport you're playing is enjoyable for all, even the people on the bench. High school is already hard as it is. You become overly conscious. You start to feel intimidated by others who seem to be doing way better. And you just feel like a loner, out of place.

A lot of high schoolers turn to sports as a way to finally gain that sense of belonging. and without the combination of title ix or sportsmanship, high school girls will most likely find themselves in the same uncomfortable situations that they experience during the normal school day.

Title IX and sportsmanship together bring comfortability to the high school sports environment.

When you take Title IX and sportsmanship you get the ingredients to make what can be a beneficial athletic space for all. A space where everybody feels that they belong. Title IX and sportsmanship make high school sports better because it means ample opportunities for athletes to be able to play the sport that they love, without facing any type of restrictions

or discrimination due to their gender or how they identify as. Due to Title IX, I don't have to fear that my gender will be what stops me from becoming great at the sport I love. And because of sportsmanship, I know that as I make my rise to the top I'll have great friends to support me along the way. The lack of Title IX and sportsmanship would create a space that would breed discrimination and normalize discrimination based on gender. Title IX and sportsmanship together allow all athletes to show up and be themselves without facing judgment.

High school sports benefit from sportsmanship and Title IX because they make members of a team more likely to succeed in their futures. When all members of a team feel included and supported, the team can truly shine in its athletic performance. Athletes who are not shown sportsmanship are less likely to feel confident in their abilities and are therefore less likely to reach their fullest potential.

Sportsmanship is truly essential to a successful sports team. It reminds players that the sport is not only about their physical strength or speed, but instead is about their ability to work collaboratively with others. Life long lessons can be learned from being on a supportive and sportsmanlike team: how to empower others, how to work together to accomplish a goal, and how to show respect to people one has been pitted against. Though one may not be able to run as fast or lift weights as heavy after high school, the personal growth one exhibits while on a team is beneficial in the remainder of one's adulthood. These lessons learned lead players to successful futures, since they have strengthened emotional intelligence. They use their experience in order to successfully work with others, thus leading them to success.

Sportsmanship makes high school students want to participate in sports and motivates them to achieve their goals. A sports team that lacks camaraderie or support is less likely to succeed because its players are less motivated and have less of a personal connection and trust in one another. Sportsmanship is key to the success of a sports team; the respect and concern that players have for each other makes high school sports enjoyable.

Title IX ensures that all people are included in sports, thus leading to a more equitable world. The welcoming of people of all backgrounds, genders, and opinions ensures

that high school athletics are diversified. Players who have experience collaborating with a diverse range of people are more likely to succeed because they are made more aware of cultural differences. They are thus more sensitive to those around them and will be better “team players” in their future careers. Sports also provide people of differing backgrounds a common goal toward which to work. High school athletes become more well-rounded and inclusive individuals as a result of Title IX. They carry on this spirit of inclusion in their futures and instill it into society as a whole.

Sportsmanship and Title IX teach high school athletes the importance of equality and inclusion. They improve the overall morale of the team, and teach athletes important life lessons that they can then apply in their higher education and careers.

Title IX and sportsmanship make high school sports better because they allow all students to have an equal “playing field”. Title IX, mainly prohibiting sex based discrimination in funding for sports, allows all genders to participate in sports at the same level. This is beneficial to high school sports because in the past, many athletes, namely female athletes, got discouraged from playing sports due to the lack of funding and support from the community. In the past, when schools lack funding for sports, unfortunately sports with predominantly female athletes, such as field hockey, volleyball, and girls soccer, were the first to lose funding. This put down female athletes and made them less likely to participate in college level sports. With Title IX, women in sports are able to participate in sports and have the same funding as men in their respective field.

Sportsmanship among athletes and coaches alike improves all high school sports because it creates a safer playing environment for the athletes. The MIAA rules and regulations specifically state that during all games, sportsmanship must be prevalent. This includes players, referees, coaches and observers. This is crucial to sports because athletes need to be able to have a safe environment to play in, especially at a high school level. High school sports can build confidence and leadership at a young age, which many people will need in the real world. To conclude, Title IX and sportsmanship are extremely important to high school sports because it prohibits sex- based discrimination as well as creates a safe environment for high schoolers to grow in confidence and leadership.

Respect... teamwork... perseverance, are some of the many aspects that carry on with sportsmanship. Sportsmanship plays a part in high school sports by creating life long skills, on and off the field, and creating a sense of community within each team. The incorporation of sportsmanship makes high school sports better, simply because of all the positive impacts individuals and teams gain with its presents. It builds character, and discipline in athletes, all essential in playing sports. Sportsmanship contributes to student participation by creating a safe and welcoming environment. Without sportsmanship how do teams do it? How do they gain athletes to join without sportsmanship present? How do they continue to strive for wins in situations, or even seasons, when they don't receive the glory of a victory? The aspect of being a team player, and encouraging teams to continue through losses is exactly why sportsmanship makes high school sports better. It factors in student athletic participation and a common reason as to why students join. For others, it becomes a lifelong skill they hold as they go on to new adventures.

All of this said, relates to Title IX, and the heavy impact it holds towards high school sports, and making sports better! Title IX only betters high school sports by allowing everyone with equal opportunities to participate. After the formation of Title IX there was a drastic growth in opportunities for women athletes. In regards to high school sports, this has given females the opportunity to shine their talent, and in an equal proportion to men.

With all this said, I go back to the main point, how both of these topics help better high school sports. In regards to this, the list can go on, and the points talked about above are only a few out of many reasons as to how they impact. They not only impact, but have impacted. High school sports have, and will, continue to be better with sportsmanship and laws such as Title IX.

“It is your response to winning and losing that makes you a winner or loser” (Harry Sheehy).

If there were twenty children in a room and you had twenty gifts, would you give one gift to each child? Playing sports is an unrivaled gift, yet for years, gender mattered. Title IX and sportsmanship make high school sports better because every child in that room has an equal opportunity regardless of gender to experience the transformative gift that is sports. Supporting women athletes, positive rhetoric, and inclusion are the elements of sportsmanship that will improve high school sports and future generations.

Playing sports is a lasting gift. For many, high school sports is the culmination of their athletic career, but even after the final game, you'll remember how to hustle, be a leader, and show good sportsmanship. It is easy to understand sportsmanship by helping an injured competitor, but we must expand sportsmanship to supporting women's sports. Sportsmanship is filling the stands. To the coaches, I implore you: take your men's teams to watch women's teams. Cheer inclusively rather than using rhetoric that enforces gender stereotypes. As part of the Varsity Track and Field and Cross Country teams, I am a leader who sees something greater than myself. I consistently rally a group of teammates to go cheer for women's sports teams. I do it because I understand the impact of women athletes on our society. I do it because sports saved my mother's life.

"If you let me play sports" was one of the most powerful Nike ads ever created. It featured young girls citing the data-driven, positive impact playing sports could have on their lives. My mom was a three-sport varsity athlete when the ad first ran. Nike was riding the second wave of feminism, branding their swoosh with the rising number of female athletes. Telling us that running "like a girl" meant being a champion. These athletes existed because of Title IX.

Names like Rebecca, Sheryl, Mia, Serena, Venus, Abby, Carli, Megan, and Hope were destined to become household names and inspire young girls to play sports because networks would run women's sports in primetime instead of as a pre-game thanks to efforts for inclusion by women like Billie Jean. Playing sports did more for my mom than improve confidence: it helped her beat stage 4 cancer. Because she was an athlete, she did what few could do and exercised daily through the most aggressive chemo. She is 11 months cancer-free.

The high school girls who benefited from Title IX are the moms of Olympians. A generation of strong females raised a stronger female legacy grounded in sportsmanship. The US had more female medalists than any other country demonstrating the impact of Title IX. Access and high school sports played an undeniable role in this success. Title IX grants women equality, but women are still under-represented in scholarship money, budgets, and number of teams. As best said by Ruth Bader Ginsberg, "change comes from a groundswell of ordinary people. . . .

And men have to be part of that effort." Good sportsmanship is supporting women athletes.

Title IX has affected the ways of high school sports in a major way. I think it's only right for everyone to be treated equally no matter what gender they are. It has affected me in certain ways coming from a family of athletes. My older sister played sports growing up and was always into athletics. She played basketball, soccer and going into middle school and high school she started crew. This gave her the chance to meet new people and express herself through sports. If it wasn't for her being able to play sports she would have never gotten her athletic scholarship to U-Mass Amherst. Now I play lacrosse, football and basketball and all three have given me the opportunity to make so many friends and be a part of a family for each team. Title IX had a huge part in this giving me and my sister an equal opportunity participating in sports and becoming athletes.

Another reason why Title IX makes high school sports better is the equality between equipment, supplies and locker rooms. To have both genders have their own locker room is very important, especially in their teenage years. Having equal equipment and supplies means that the football team and the girls soccer team will have the same attention when getting new footballs/soccer balls, field time for practice, and many other things that both sports need. With Title IX both males and females have equal treatment of scheduled games and practices making sure one team isn't benefiting more than another. These are all reasons why Title IX makes high school sports are so much better!

Lastly, I want to talk about sportsmanship. Sportsmanship is a major key to playing games the right way. For both male and female sports sportsmanship affects the game from start to finish. Respecting your opponents and playing a tough game following the rules leaves a good reputation for your team and yourself. It affects high school sports a lot

because you are growing, becoming more mature and at this level of sports you learn how to respect your opponents and respect the game. High school sports teach a lot of lessons like teamwork, work ethic and perseverance. Sportsmanship has a lot to do with all of those.

Hopefully after reading this you also agree that Title IX and sportsmanship make high school sports better. Overall it has impacted me and continues to change the way we play the game at an equal level and with respect for one another.