



23rd Annual Student Sportsmanship Essay/Multimedia Contest

**How can you use social media
to positively promote
sportsmanship in your school?**

*A collection of finalists and honorable
mention essays submitted by students
from MIAA member schools.*





“How can you use social media to positively promote sportsmanship in your school?”

This book represents the winners and finalist entries in the 23rd Annual MIAA Student Sportsmanship Essay/Multimedia Contest as voted by the MIAA Sportsmanship Committee.

Multimedia Category

First Place

Lily Maher and Caroline Collins
Nashoba Regional High School

Runner Up

Tabitha Cabral-Elliott and Molly Cunningham
Dartmouth High School

Essay Category

First Place

Julia Canario
Greater Lowell Technical High School

Runner Up

Trevor McDermott
Danvers High School

Essay First Place

Julia Canario
Greater Lowell Technical High School

Sportsmanship is a crucial aspect of school sports programs, contributing to the development of character, teamwork, and respect among students. Social media, with its widespread influence, offers an excellent platform to positively promote sportsmanship in schools. This essay outlines a strategic approach to utilizing social media for this purpose.

Initiating a dedicated sportsmanship campaign is the first step. Establish clear goals, such as reducing unsportsmanlike behavior or fostering a culture of respect. Define your target audience, whether it's student-athletes, parents, or the broader school community. To reach your intended audience effectively, select the appropriate social media platforms. Facebook, Instagram, Twitter, and TikTok are popular choices among students and parents. Each platform has unique strengths; tailor your content to suit their formats. Showcase real-life examples of sportsmanship within your school's sports teams. Share stories of athletes demonstrating acts of kindness, fair play, and teamwork. Use engaging posts, images, and videos to convey these. Craft a memorable hashtag specific to your campaign. Encourage students, athletes, and supporters to use it when sharing their own sportsmanship-related content. This creates a sense of community and helps track campaign engagement. Actively engage with your audience. Respond to comments, questions, and feedback on your social media posts. Encourage discussions about sportsmanship, and provide a platform for people to share their thoughts and experiences. Partner with school athletes and sports teams to promote sportsmanship. They can share their personal experiences, insights, and stories about how sportsmanship influences their games and lives.

Essay Runner Up

Trevor McDermott
Danvers High School

Harnessing the Power of Social Media: Promoting Sportsmanship in Our School

In our world today, social media shapes our everyday lives at school and athletics, impacting how we perceive and navigate the world around us. As student-athletes, when using a tool that provides such significant influence, it is crucial to promote one of the most important aspects of athletics: sportsmanship. Social media can very effectively be used to positively promote sportsmanship in our school.

I can relate to the fact that many students look up to figures they see on pages like Instagram and Snapchat. Social media can be used to promote positive role models. Because social media leaves such an impression on our school environment, it is the perfect platform to showcase athletes who exemplify good sportsmanship. Sharing positive role models' actions and stories of kindness and accountability will inspire others to follow their lead.

As a student-athlete myself, lots of content I follow on social media can be very revealing in how to improve as an athlete and somertian. Social media can be used to launch education campaigns that focus on the principles of sportsmanship. Sportsmanship includes many important aspects like fair play, respect, and integrity. Posting informative content, infographics, and videos can help students understand the importance of these values in sports.

Events to promote sportsmanship can also be created with social media! By designing sportsmanship events or challenges on popular platforms like TikTok or Instagram, we can engage students in practicing the many values of sportsmanship. Events could involve acts of kindness, fair play, or supporting our fellow student-athletes. With the influence of social media, creating interactive events will help students practice sportsmanship in a way they can enjoy.

Social media can be used to collect the thoughts of the members of our school community. Social media platforms such as Twitter or Instagram allow for interactive polls or surveys. These surveys can be used to gauge the opinions and perceptions of students regarding sportsmanship in our school community. With the influence of social media, a great deal of opinions can be collected to help power future sportsmanship education strategies in our school community.

In today's digital age, social media has a loud voice heard by billions. I have grown a lot as a student, an athlete, and most importantly a person because of resources I have had access to through social media. This power must be leveraged to promote positivity. As student-athletes, it is our responsibility to help positively promote sportsmanship in our school community.

Sebastian Alvaro Cuervo
Brookline High School

Schools offer a diverse range of sports, each with its unique characteristics, schedules, and team spirit. While athletes often focus on their specific teams during a season, this can sometimes lead to a sense of isolation. Social media provides a powerful platform to enhance school spirit, promote appreciation for each team, and underscore that athletes aren't just competing for themselves but for their school community as well. By building a passionate and connected community through online identity, social media can promote sportsmanship within schools.

To achieve this, each team can create a dedicated social media account, covering everything from Boys Varsity Soccer to Freshman Girls Volleyball. These individual team accounts serve as their online presence, allowing them to engage with their school's community on social media.

One significant way in which social media promotes sportsmanship is by facilitating communication among teams. This enables them to share positive content, such as videos of victories and celebrations. Through these posts, teams can not only showcase their achievements but also convey their emotions, providing the school with an insight into their journey and dedication. This connection helps bridge the gap between teams and the broader school community, emphasizing the unity that is at the core of sportsmanship.

These team-specific social media accounts can also be used to share game schedules and encourage attendance at matches and events. These posts can serve as rallying cries for school spirit, showcasing the teams' deep connection to their school. This sense of connection promotes empathy, respectfulness, and a stronger sense of community among students, athletes, and fans alike.

Another aspect of social media platforms is that they offer an interactive space where other school sports teams can leave positive and inspiring comments, as well as repost content on their stories to highlight each other's successes. This collective support and recognition serve to unite each team after big wins and moments of celebration to foster a sense of belonging in the entire school community.

Looking at social media from a different angle, its purpose doesn't have to be limited to highlighting the achievements and successes of sports teams. It can also be a platform for sharing lighthearted and atypical moments, like athletes doing homework, team bonding nights, or simply helping each other out, and posting these moments can make others feel more connected and empathetic to these athletes, promoting sportsmanship.

Above all, leveraging social media for individual sports teams fosters a stronger sense of unity within the school community. By showcasing achievements, sharing emotions, and promoting cross-team support, these platforms help build a more inclusive and spirited school environment.

Ava Donaghue
Fontbonne Academy

I lazily scroll down on my phone, the blue screen lighting up my eyes in the dark room. As I do, my screen turns pink. *BREAST CANCER AWARENESS VOLLEYBALL HOME GAME VERSUS DEDHAM HIGH NEXT WEDNESDAY – PINK OUT! BAKE SALE DURING GAME, PROCEEDS GO TO ELLIE FUND!* I read. It was posted by the Fontbonne volleyball account on Instagram. As a Dedham High volleyball captain whose mother beat breast cancer two years ago, I sit up, excited.

I send Fontbonne’s post to my coach. *Can we wear our pink uniforms for this game to match the Fontbonne players?* I write. I get up and find my mother, telling her about Fontbonne’s plan for the game. Her eyes crinkle into a smile and she claps excitedly. “How cute of Fontbonne to do this!” she sings, adding, “I’ll be there to cheer you on, wearing all my pink apparel.”

I smile at her as my phone dings, and I read my coach’s response: *Yes! Sounds like a great idea. Please inform the team to wear their pink uniforms.* I look up at my mom. “Coach just said we can wear our pink uniforms, too.”

She begins talking excitedly about the game while I reopen Instagram and see that my coach has already reposted Fontbonne’s post on the Dedham High volleyball Instagram story, tagging the Fontbonne volleyball Instagram account with the caption *Volleyball for a cause, Marauders and Ducks unite—Thanks for doing this, Fontbonne!*

I decide to repost it as well on my personal account with eight hundred followers, captioning it *We fight together 🦋. Marauders BE THERE at 6:30pm!* Not long after, I get a notification that Fontbonne volleyball liked my repost. As my teammates view my story, they also repost about the pink game.

I sit back in my chair and think about how Fontbonne hosting and promoting next Wednesday’s game for a cause demonstrates how there are bigger issues than winning or losing a game. I am confident that during the pink game, both teams will display a greater respect for both each other and the referees, understanding the underlying importance of the game. We are members of a greater community and can impact that community in a positive way through our teams, which is a part of sportsmanship. Social media is the perfect avenue for such an impact; I both heard about the theme of the game and was able to positively impact the culture of interscholastic athletics by promoting it on my personal account, which was then seen and reposted by my teammates as well.

By publicly supporting Fontbonne volleyball through social media, my team and I promote sportsmanship. Now, I am not only excited for the game, cheered on by fans wearing a sea of pink, but also for some delicious baked goods after the game!

Brandon Aikman
Pioneer Valley Christian Academy

Game Changers: Promoting Sportsmanship Through Social Media in High School

High school is a melting pot of emotions, passions, and rivalries, with one common thread binding us all: sports. Whether you're a star athlete or a devoted fan, the spirit of competition and the pursuit of excellence course through the veins of every student. As we dive headfirst into the world of high school sports, there's a potent ingredient that can transform the game: social media.

High school sports are about far more than just winning and losing; they're about teamwork, perseverance, and fair play. Here, social media can act as a unifying force, as it transcends the boundaries of the playing field, connecting students, parents, and faculty to share in the excitement and values of sports.

1. **Highlighting Sportsmanship Moments:** Through platforms like Instagram or TikTok, students can share moments of exceptional sportsmanship, whether it's a player helping an opponent to their feet after a fall or a heartwarming post-game handshake, these moments can be showcased to remind everyone of the core values of sports.
2. **Amplifying Positive Stories:** Often, the media focuses on the negative aspects of sports, such as injuries or scandals, but high school students can counter this by using social media to amplify positive stories, celebrating athletes who demonstrate exemplary sportsmanship on and off the field, inspiring us to follow their examples.
3. **Fan Engagement:** Encouraging spirited yet respectful support for our teams is crucial, and social media can be used to engage fans and promote positive, inclusive cheering. Posts about sports traditions and encouraging messages can foster a sense of unity within the school community.
4. **Interactive Discussions:** Social media facilitates open discussions by allowing students to create forums for discussing sportsmanship, sharing personal stories, and addressing challenges within the school's sports culture, leading to positive change in schools and their athletic communities.

One of the most powerful aspects of high school sports is their ability to unite the school community. Social media can serve as a catalyst for this unity.

1. **Hashtags and Challenges:** Creating unique, school-specific hashtags and challenges can ignite school spirit. This fosters a sense of belonging among students, faculty, and supporters.
2. **Behind-the-Scenes Glimpses:** Sharing behind-the-scenes glimpses into the lives of student-athletes can humanize them and make the entire school proud of their dedication, hard work, and sportsmanship.
3. **Team-building:** Social media can be used to organize team-building events and gatherings that involve athletes, fans, and the entire school community. These events can further promote unity and foster sportsmanship.

High school sports have the potential to teach us vital life lessons that extend beyond the playing field. By embracing the power of social media, high school students can be the change agents in their school's sports culture, actively promoting sportsmanship, unity, and a sense of pride in their athletic achievements. Let us remember that while victory is sweet, it is sportsmanship that leaves a lasting legacy, and social media is our canvas for painting that legacy in vibrant, positive colors.

**Christopher Rodrigue
Mansfield High School**

Social media has become deeply embedded in the lives of students, influencing their interactions and mindsets. While social platforms harbor potential negatives like cyberbullying, these also provide opportunities to promote positivity. Schools should leverage teens' social media activity to encourage good sportsmanship in athletic programs. With some guidance, students can utilize their posts, groups, and followers to foster mutual trust, integrity, and respect between teammates, rivals, and fans.

There are several methods students can make use of on social media to spread messages of fair interactions on the field and uplift others. For one, student-athletes can post tips for showcasing sportsmanship, including congratulating opponents, accepting referees' calls, and maintaining composure during tense moments. Students need to make sure their posts set the tone for the expected organization on and off the field. Athletes can also highlight teammates' and rivals' abilities or character to praise their efforts and maintain a good connection with players like themselves. Starting online "spotlights" for good examples of sportsmanship provides positive reinforcement. Of course, social media can also provide teachable moments when poor behavior does occur. Responding with restraint and reaffirming the school's values is better than lashing out or ignoring the issue. Coaches may address a certain situation by reminding students on Instagram or other social media platforms that unsportsmanlike words reflect poorly on the whole team, not just an individual. Schools can also consider partnering peer athlete leaders with coaches to actively maintain social media campaigns about sportsmanship. Student-athletes can hold competitions for the best sportsmanship moments for a sportsmanship theme week. Engaging students directly in promoting ethics makes the message more authentic and harder for peers to dismiss. With that being said, students should and are encouraged to create social media groups dedicated to building uplifting athletic communities.

These social media platforms give members a place to share sportsmanship advice, make commitments to ethical conduct, and connect over shared values. Both athletes and fans should participate to promote cooperative norms. Ground rules against trash talk or hazing can govern interactions. There could even be friendly contests; students who exhibit good behavior like consoling a struggling player could get shoutouts or an honorable mention. Social media missteps must be addressed, and keeping the messaging positive and solution-oriented prevents the amplification of negativity.

Finally, students can share media that advocates sportsmanship principles. Posting videos, pictures, and quotes reminding their peers to have perspective, control emotions, and support others' dreams creates constant reinforcement.

With some guidance, our students can transform social media from an amplifier of sports negativity into a force for building empathy, dignity, and community. Thoughtful use of posts, groups, and shares reinforces good sportsmanship daily. Students must recognize that their conduct online impacts sports culture. Promoting ethical behavior takes intention, but social media provides a powerful platform to shape school athletics for the better beyond the field.

Emelyn DeWeerd
Whitinsville Christian School

According to recent surveys, a staggering ninety percent of American teenagers have reported using social media—and a third of them believe the platforms have had a primarily negative impact on people their age. However, although social media is widely-known as being too often used for ill purposes, it can also be a tool for spreading positivity within the school setting, promoting benevolent community and sportsmanship around athletics.

Creating posts on social media is a great way to get fans involved in sports by generating support for teams. As a cross country runner, my team and I have found that by posting information about our upcoming meets on social media, we can raise awareness for cross country and gain additional support from our community. Further, friends and relatives who are not able to watch us compete can track our season's progress by reading our posts. Social media brings people together, and the benefit this poses for sports teams is significant.

Additionally, social media enables teams to amplify all members of their group. I am immensely grateful to my coach for constantly reminding our team that whether leading the pack or running at the back of it, everyone's race is equally important. Reflecting this value, when posting about victories and successes, sports teams can use social media to uplift all members of the team by including everyone in posts and sharing how each person contributed to the meet, game, or match. Part of demonstrating good sportsmanship means highlighting everyone's efforts, not just those who received a medal, scored the winning goal, or crossed the finish line first.

Finally, social media presents an opportunity to foster team bonding and create an overall positive atmosphere. Last year, my team posted a before and after race video that received thousands of views and likes. Ironically it had nothing to do with the race's final outcome; it simply showed our hard work and the fun we had together. Creating uplifting videos and messages builds bonds between team members as they produce content that accurately represents athletic values of teamwork, positive mindset, and commitment. After all, what's posted on social media reflects the sport, the team, and what they stand for.

Social media is an amazing opportunity for teams to spread positivity and encourage sportsmanship within school, the immediate community and beyond. It has the power to build others up or tear them down. As an athlete, how you choose to use it is up to you.

Works Cited

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Emerson Vigneaux
East Longmeadow High School

It's no secret that social media has become a fundamental part of our everyday lives. Social media was established with great intentions. Many studies have highlighted the advantages of using social media, which include staying connected with family and friends, quick access to information and research, involvement in civic engagement, marketing tools, and opportunities to engage with others (Lifespan, 2022). Unfortunately, as social media usage has increased, so has the amount of unnecessary negativity displayed on its apps - especially when it comes to sports. It has almost become "the norm" to use social media to bash league rivals before a big game or put out a hateful message after a tough loss. Somewhere along society's social media journey, its purpose has been severely misconstrued and the only way to fix it is to make sure the positive aspects outweigh the negative ones. We can use social media to positively promote sportsmanship in our schools in a variety of ways. My goal is to create an environment on social media that both accentuates good sportsmanship and encourages everyone to act in a way that they would be proud to have shown to a larger audience.

In collaboration with other MIAA schools, I would like to start a Sportsmanship Exchange Program in which students from different schools make visits to other schools to learn and share sportsmanship experiences. This approach is not only unique, but also objective. When students from a different school are observing, it will allow for their utmost honesty and authenticity. Each student ambassador would have access to shared social media platforms...Snapchat, Instagram, and Tiktok...to document their experiences.

While at sporting events, visiting students will go through a list of tasks, all of which will be aimed at getting the most accurate evaluation of sportsmanship. They would watch how athletes, coaches, officials, and fans interact. If they notice positive displays of sportsmanship, they can post on social media. Whether it's one athlete helping another up, coaches thanking officials, or students cheering respectfully in the stands, the ambassadors will take videos and pictures to "shout-out" those individuals and their schools on social media. After the games, the student visitors may even interview anyone who showed particularly good sportsmanship.

Despite many efforts to end poor sportsmanship, some people still act inappropriately in game environments. Although the goal of the program wouldn't be to blatantly call out schools demonstrating poor sportsmanship, it might draw attention to them by omission. If schools don't seem to be getting featured on social media frequently, the community might wonder why: are their actions not meeting the program's sportsmanship standards? Hopefully, a school's lack of attribution would encourage improved behavior.

Not only will this program hold everyone more accountable for their actions, but it will reward those who display good sportsmanship. Ultimately, it will help communities develop a deeper appreciation of sportsmanship by fostering an environment where students can share their positive experiences on social media. And, that is something everyone should "like!"

Hayllie Oliveira
Greater Lowell Technical High School

Although social media is commonly labeled as “toxic” and “harmful to our mental health”, it has many positives, such as using these platforms to promote sportsmanship at school positively. One way to use social media to promote sportsmanship is by highlighting acts of sportsmanship and respect during competitions and games. Sharing posts of athletes being respectful and helping each other can influence others to do the same. Social media can also be used to praise and celebrate sportsmanship in school. It would not only provide recognition to all players who reflect sportsmanship but also encourage others to do the same. We can create a positive environment for all students to display these traits by celebrating them and acknowledging them in school. Another great way to support athletes who demonstrate sportsmanship is by offering educational posts on how to demonstrate sportsmanship and what steps you can use to bring yourself to be respectful and kind to not only other teams in games and competitions but to your own teammates as well. This would allow us to create an understanding for players on what they should strive towards when competing or playing. Social media is also a great way to connect with other schools. You can use these platforms to reach other schools and encourage both sports teams to engage in friendly competition, allowing our students to have ambition and drive along with the needed qualities of sportsmanship to be good athletes. Our school has many different accounts for each sports team, where we share highlights of moments where we were successful in the game, but also moments where we were kind, respectful, and supportive while playing. I believe social media has many different ways to positively promote sportsmanship in schools, and while some of us at our schools have taken a few steps towards them, we need to come together to not only spread this positivity at our own schools but create a community where many different schools are being reached.

Kamila Bento
Rockland High School

Sportsmanship isn't just about winning, it's about respect, teamwork, and a positive attitude. On social media, we can promote these values by celebrating effort over outcome, sharing victories and defeats with grace, and highlighting the importance of working together. This creates a culture that values the spirit of the game, not just the scores. It's a powerful way to encourage everyone involved or who is trying to start playing sports!

Highlighting moments of good sportsmanship on social media can have a big impact. When we share posts of players helping each other, for example, during one of my soccer game one of my teammates got a really bad injury and all players on both team kneeled down and clapped as she walked down the field. Another way of good sportsmanship is respecting referees, or shaking hands after a game, we are showing that these actions are valued. It's not about winning the match, it's about how are we going to play the game. This can inspire others to act the same way during the game, leading to a more positive sporting environment for everyone.

Rockland High School has an awesome Instagram page where they post pics of students showing great sportsmanship during games. It's not just about the moments where victory is the most important part but also about the time when players help each other up, shake hands, and show respect to the players, the coaches, and the referees. I believe that sportsmanship is not just about winning but building respect on the field and off the field is a great part of your character. Sportsmanship is one way to show positive behavior, being a model of sportsmanship is a great way for your image to shine, it's also a great way to get recognized and that recognition motivates you and your teammates.

Another example of sportsmanship is Silver Lake Region High School in Kingston. They use Twitter to promote sportsmanship. They share photos and videos of athletes displaying respect, teamwork, and integrity during games. Seeing the respect of other schools can encourage our school to do the same and be a positive and encouraging community! In conclusion, sportsmanship is used to highlight sports achievements and also create a community that values fairness and respect. It's a powerful way to inspire students to carry these values beyond the field and into their everyday lives. The heart of the game is sportsmanship, and social media has a great impact on promoting games and giving life lessons, social media can also create better athletes!

Lauren Marjanski
South Hadley High School

Social media has become a big part of not only everyone's lives, but it has taken over many parts of the sports world. Social media has many negative aspects to it. With sports teams bashing their competitors, many people do not look at social media as promoting sportsmanship. This is not the case. In school, social media can be used in many positive ways, especially in promoting sportsmanship.

One way to promote sportsmanship within the school using social media can be creating a school-run Instagram page to promote your team. Allowing classmates to be aware of current sporting events will allow them to cheer on and support their own school's team. This Instagram page can also be used to create guidelines for fans at events. Laying down rules such as not putting down others, no inappropriate behavior, etc. will allow fans to enjoy sporting events while having no problems arise. Posting good sportsmanship examples on this page will allow fans and players to see examples of how to act. Acting a certain way will allow players and fans to feel good about putting others up and supporting each other. An Instagram page is a great way to promote sportsmanship within the school.

Another way to promote sportsmanship is to reach out to opposing teams on social media. Many school sports teams have existing social media accounts dedicated to promoting their team. If teams were to reach out and communicate with each other through social media before games, prime sportsmanship would be exemplified. Collaborating on a post to promote the game would allow the teams to build a preexisting relationship before the game.

Overall, many people can see social media as a negative place for sportsmanship, but it isn't. With teams promoting sportsmanship in their school and collaborating with opponents, optimal sportsmanship can be reached.

Madeline Polo
Apponequet Regional High School

The Webster dictionary defines sportsmanship as conduct (such as fairness, respect for one's opponent, and graciousness in winning or losing) becoming to one participating in a sport or competition. Yet, it is unsportsmanlike activity that seems to get the most attention. Social media, an important part of almost everyone's life, tends to glorify unsportsmanlike conduct. We've all seen viral videos of brawls on major league ballfields. We've heard stories of little league umpires being harassed by parents and coaches. We've also seen, all too often, how fans engage in unsportsmanlike behavior by making negative posts about athletes. Take for example, the backlash Simone Biles and Naomi Osaka experienced following their decisions to withdraw from high profile competitions. It has become strikingly apparent that social media can in turn, negatively impact athletes' mental health.

Social media can, however, also have a positive impact and create a culture of sportsmanship. It can be used to foster a healthier and more optimistic atmosphere for both athletes and fans. Schools can choose a variety of ways to utilize social media for good. Posting highlights of a recent team or player performance, as well as upcoming schedules, can help promote a team's positive image and increase attendance at games. Social media platforms can be used to congratulate teams, to praise the hard work of players both on and off the field, or to send positive messages to peers in another sport. Conscious efforts can and should be made to regularly promote athletes, coaches or fans displaying good sportsmanship.

There is great benefit to using positive social media. Good sportsmanship can have a profound effect upon performance. When athletes respect one another and the game, it can boost morale and foster camaraderie. This in turn can increase motivation and confidence. All of which can positively impact the mental health of athletes at all levels. In addition, seeing good sportsmanship can help shape younger athletes' attitudes and lead them to be more positive and supportive in their own sports.

The idea of using social media to promote sportsmanship is gaining popularity. The Minnesota State High School League and Wells Fargo are sponsoring a monthly social media campaign, The Sportsmanship Challenge. High schools are being asked to share stories, videos or pictures of acts of sportsmanship. Entries will be shared monthly on the League's social media platforms. Selected students will also be recognized on the scoreboard during tournaments. Every school has an opportunity to use social media platforms to promote sportsmanship. They should strive to work with both staff and students to do so.

Meera Berryhill
Belchertown High School

Before I entered high school, the idea of playing a sport was completely foreign to me, but thanks to social media, that changed at the start of my freshman year. Seeing other girls from my school post about practices, their new PR's, and seeing snapshots of what it's like to be a part of a running team on my Instagram feed was enough to turn a very unathletic teenager into a cross country runner who looks forward to practice each day. While social media often has a negative connotation, in reality, it is an excellent tool that can be used to improve our athletics, promote interscholastic sportsmanship, and foster a community of athletes who are supportive and kind.

Social media allows athletes to enjoy the fun and lighthearted side of sports. It can be easy to get caught up in the competitive nature of athletics, and forget that true sportsmanship lies in enjoying your sport, win or lose. My team puts this into practice by posting funny selfies, inside jokes, and pictures of us at our races. For example, after a long day at an invitational, we might post photos of each team member taking their post-race nap on the bus. Through these posts, we are able to connect with each other, share our experiences with our classmates on other teams, and give teams from other schools an idea of what it's like to run for our school. Social media often serves as an important reminder that other teams are just like you: they are your colleagues, not your enemies, and they should be treated as such.

Additionally, it's not uncommon for friendships to form on the racecourse, and social media allows members of our team to stay in touch with those the sport has introduced them to. By connecting with people from other teams, we can make lasting friendships, and broaden our social circles to beyond the members of our own teams. It's always comforting to see familiar faces on the starting line, and social media allows us to form these connections with people we might not see during the school day. Personally, I enjoy following other teams on social media to get ideas for team bonding activities and ways to make our practices more fun. Social media teaches students how to make and maintain those connections, and how to share their experiences in a meaningful way. Sportsmanship is rooted in being an effective communicator, having grace in success or defeat, and practicing maturity and self-control. I truly believe that social media can teach all of these skills.

In summation, social media is an excellent way to improve sportsmanship and encourage supportive behavior in athletics. Instead of trying to keep teenagers off social media, we should recognize the value of this resource, and learn from the athletes already using it to promote MIAA's values. When used properly, social media is the key to creating a generation of athletes who exemplify and practice sportsmanship to the highest degree.

Pamela Ferreira
Greater Lowell Technical High School

How can you use social media to positively promote sportsmanship in your school? Social Media can be a great tool to promote sportsmanship in your school because you can create a positive environment for the school by sharing pictures and videos of students demonstrating good sportsmanship during games and competitions. Students and teachers can also encourage others by making flyers and posting online about games and events happening in the school, encourage discussions and ask questions, provide positive feedback and good advice. This interactive approach fosters a sense of belonging and encourages students to actively participate in promoting sportsmanship.

Social media can be a very powerful tool to positively promote sportsmanship in your school. By sharing inspiring stories, organizing challenges, raising awareness, raising money for donations, and engaging with the community by creating culture and respect, fair play and teamwork both on and off the field. So let's use social media to encourage sportsmanship and inspire others to be their best selves. Another way social media can promote sportsmanship in your school is by organizing games and contests among the students but also making students interact with each other and sports. This can cause students to promote sportsmanship among school grounds but also outside for other people to see. And by doing that they learn how it's a good cause to help their community and friends while promoting sportsmanship all around.

Social media has a big impact on students and people all around the world and this could be a reason how promoting sportsmanship can be easy and a quick thing to do during your free time but also at school. Social media is something that everyone uses in their daily life and so many things happen. People see the news each day and get caught up on all the drama happening near them. So social media can be very helpful to promote sportsmanship and interact with people. Social media outlets can reward and encourage good sportsmanship by providing coverage of athletes who demonstrate good sportsmanship behaviors like reaching out to the community, getting family and friends involved, having fun games and leading by example on and off the field. Those are some ways to promote and show sportsmanship.

In conclusion there's many ways to help promote and show sportsmanship around schools, And those are some examples that students in your school can use to promote sportsmanship through social media but also in school. It can help a lot of other students and people outside the school.

Sydney Geoffroy
Greater Lowell Technical High School

There are many ways in which social media can be used positively to promote sportsmanship in my school. One way sportsmanship can positively promote sportsmanship is by focusing on positive moments. For example, it can show photos and videos of athletes participating in good sportsmanship. This exemplifies sportsmanship because it shows positive behavior on the team, and showing respect.

Another way social media can show sportsmanship is it can promote inclusivity. When doing this people who might be interested or want to do a sport can take a look at how the team is. This can show sportsmanship and it can express how everyone is welcome regardless of their skill level or background.

One last way in which social media can promote sportsmanship is by showing peer support. If said sport has a social media page, they can show support to teammates. They support each other through positive comments and posts on social media. This shows sportsmanship because it shows that everyone is welcome on the team. No one is alone when playing a sport and we are all one with the team.

There are multiple ways in which sportsmanship can be positively shown through social media. There are various ways in which social media does have its benefits. It can promote positive enforcement, inclusivity, and so many more.