



Good Sportsmanship



Badge Overview

It's good to be a great athlete, but the greatest athletes agree it's just as important to be a good sport. When you make good sportsmanship a habit in games and in life, others want to play with you, hang out with you, and generally live up to your example. So whether you're a dedicated athlete with a chosen sport or you just like to enjoy an occasional game among friends, this badge will help you have more fun on the field—and off.

Badge Components

1. Create your own definition of sportsmanship

Earn this step by first watching this [video](#) to see some examples of both good and bad sportsmanship from the last summer Olympics in 2016 in Rio.

- Then, use this [worksheet](#) to come up with your own definition of sportsmanship that includes 3 things you should do and 3 things you should not.

2. Be a good competitor

While you are competing against others in a sport and you want to win, it's important to empower and support those on opposing teams, especially other female athletes! But being a good competitor also goes beyond the court.

- Earn this step by watching this [video](#) to learn more about the struggles USC Volleyball star Victoria Garrick experienced as a female athlete. She now uses her platform to show how we all can support female athletes and be a good competitor.
- What is one way you can support your fellow female athletes?

3. Be a good teammate

Good athletes work to inspire their teammates. You've likely heard inspirational words from an athlete or coach from your own team, college sports, professional sports, or maybe even a sports movie!

- Earn this step by creating a poster with an inspirational quote that you could share with others. Seeing inspirational words at home or in a locker room can put you and your teammates in a more positive mindset!
- **BONUS!** Next time you connect with your teammates or friends, show them your poster so they can feel inspired.

4. Psych yourself up

Most athletes have a routine they follow to get ready for their game/meet/match. For many, it includes some stretching and listening to music that gets them pumped up.

- Earn this step by creating your own "pump-up playlist" that includes at least 10 songs that help build your energy. Give your playlist a fun name and listen to it while warming up and stretching to get ready like the pros!

5. Put your definition of good sportsmanship into action

Earn this step by putting what you've learn in action at your next game! This can be a game for a team you're on at school/in your community, or just a pick-up game with your family or friends in a yard or park.

- After playing yourself, is there anything you want to add to or change in your definition of sportsmanship?

Materials

- Something to write with
- Access to internet
- [My Definition of Sportsmanship Worksheet](#)

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

[Click here](#) for more information on how Girl Scout Badge-work supports Florida's educational standards.

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Include her name, troop# and the name of the badge she's working on and we'll feature her.

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