



# DARE to Succeed

**Diligence** - Persevering determination to perform a task.

**Attitude** - Positive mental state involving beliefs and feelings and values.

**Respect** - Courteous expression of esteem or regard.

**Enthusiasm** - Feeling of excitement, to be inspired, love what you do.

## **Respect:**

### **What Respect Is**

Respect means a lot of different things. On a practical level it includes taking someone's feelings, needs, thoughts, ideas, wishes and preferences into consideration. Respect means taking all of these seriously and giving them worth and value. In fact, giving someone respect is similar to valuing them and their thoughts, feelings, etc. It also includes acknowledging them, listening to them, being truthful with them, and accepting their individuality and idiosyncrasies. Respect can be shown through behavior. We can act in ways which are considered respectful, yet we can also feel respect for someone and feel respected by someone.

### **Why It is Important**

Someone could inherit a large sum of money, have many servants and employees yet not be respected in the least. Someone could also make a lot of money through having a particular talent which is valued, such as being able to dunk a basketball yet not really be respected, because of the way he/she treats others.

There is a value to respect which money can't buy. There are many times when another person has the chance to make a personal decision - a judgment call. When that person feels sincere respect for someone else, they will make a different decision than if they feel no respect.

We can all sense whether we are respected or not. This holds true for those with money and power as well. Moreover, it is quite possible that those who pursue money and power are actually trying to gain a type of respect that they never have truly felt.

When we are respected we gain the voluntary cooperation of people. We don't have to use as much of our energy and resources trying to get our needs met. When people respect one another there are fewer conflicts. It is for practical reasons that respect is important. We simply feel better when we are respected.

## RESPECT: things to think about....

1. What does respect have to do with the quality of your character?
2. Think of yourself as a coach. What would be the advantages of having athletes on your team who always treat others with respect?
  - for the team as a whole?
  - for the team's reputation?
  - for athlete-to-athlete relations?
  - for athlete-to-coach relations?
  - for possible scholarship to universities?
  - for team attitude?
3. What do we need to do to help each other out in the area of respect:
  - in the pool?
  - out of the pool?
4. How should we
  - respond after a victory?
  - behave after a loss?
  - act when we receive awards?
  - act when an opponent receives awards?
  - act during the playing of the national anthem?
5. How do you demonstrate respect to:
  - friends?
  - parents?
  - teachers?
  - coaches?
  - strangers?
  - teammates?
6. Someone once said, "Sir, I will treat you like a gentleman, not because you are one, but because I am one." How might that apply to athletics?

Please write a short paragraph about how you can demonstrate respect.  
(*Example: write about how you can show respect to a teammate that annoys you or write about how you can show respect to other swimmers after you finish a race.*)

---

---

---

---

---

---