

EVERY BODY DAY WHERE



An Otago Girls' sportswoman is required to show a commitment to our school's values: Positivity, Respect and Integrity.

What does this mean?

Positivity

- Turning up to trainings and games with a positive and cheerful attitude
- Smile - sport is meant to be fun!
- Encouraging your team and other players
- Praising the good skills that you see in others
- Being a team player - including everyone and working together

Integrity

- Being punctual and attending all trainings and games, even when injured - you can still learn a lot from watching
- Advising your coach and manager in advance if you are unable to attend a training or game
- Attending all trainings and games wearing the right gear
- Working hard at all trainings and games - sport is a physically and mentally challenging activity: it requires work, discipline and dedication!
- Supporting your coach by setting up the equipment, packing it away and assisting with any administrative tasks
- Working to improve your skills outside of training and games: going for runs, practising skills, eating and sleeping well.

Respect

- Showing respect for the game by learning and abiding by all the rules
- Following instructions of the coach and umpires
- Speaking respectfully to the coach and managers
- Cheering and thanking the other team at the end of the game
- Thanking coaches and managers for their support at the end of every game and training