

## **Can an act of Sportsmanship make a difference?**

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Everyone who has ever been on an ILH team has been told that at every game, meet, or match you are representing your school. The act of sportsmanship in ILH is a very important thing. With every team there is always a coach or coaches whose job is to train and prepare the players for a game. The mental aspect of training though is very crucial because it prepares the players for things like winning, losing, how to recover, and how to have sportsmanship. This essay will explain why having sportsmanship is important, how sportsmanship can change a game, and how sportsmanship can change players.

Having sportsmanship is something that can really make a difference in a game or in a player. Say you slightly touch the volleyball as it goes out of bounds but the referee gives your team the point because it is controversial. Now owning up saying that the call was wrong would be considered having sportsmanship. Being honest is something that most players forget about when they are playing because their need to win often clouds their judgment but doing the right thing in those situations is something that is often over looked. However, being honest with yourself and your fellow players makes the game better.

Sportsmanship in a game is something that is so important it's quite hard to put in words. The respect that players show to each other in a game is something that is very essential. Players that walk out of a game that they lost smiling with their heads held high shows that even though they didn't win they tried. Every coach has told a team that it doesn't matter if we win or lose, what matters is that you try your best. At games where the crowds can get out of hand, being that one player who will help an opposing player if they fall is something that can really make a difference in yourself and other players.

Sportsmanship changes the players during practice or in a game. The respect for fellow teammates builds trust and support. A player who has sportsmanship is a key player on a team because he or she is able to change the game with their skills. They are able to come back from losses and support their other teammates in times of need. Finally, they impact a game because they enjoy the sport and know what is right.

In this essay I talked about the following, why having sportsmanship is important, how sportsmanship can change a game, and how sportsmanship can change players. To conclude this essay I would like to finish with this. Having sportsmanship changes more than just the game. It changes you and it changes the players around you. It wholesomely improves the game. Sportsmanship not only reflects how you are as a player but also your team and school as well.