

# The Aquinas Way FOR ATHLETES



**The Aquinas Way empowers athletes to realise their potential, while fostering the values of discipline, teamwork, and sportsmanship both on and off the field**

Play hard, but within the rules. Win with humility; lose with dignity.

Show that it is a privilege to represent the school.

Be a good sport. Applaud all good play whether by your team or your opponent.

Represent Aquinas College with positive behaviour both on and off the field/court/pool, and avoid reacting with negativity to any physical or verbal provocation. Use of bad language, directed at anybody, is unacceptable.

Respect the commitment you have made to the team by attending all trainings and games. Communicate with team management ahead of time on the occasions you are unable to do so.

Ensure that you thank all volunteers who have given their time to support your team (eg- officials, coaches, managers, supporters).

Treat the team management, team members and the opponents with respect.

Respect the decision of officials without gesture or argument, and never argue with an official. If you disagree with a decision, you will inform the captain, coach or manager during a break or after the competition.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.





# The Aquinas Way FOR PARENTS, WHĀNAU AND SUPPORTERS



**As a supporter of Aquinas College sport, it is important to understand that living The Aquinas Way sets a powerful example for our rangatahi, showing the importance of respect, sportsmanship, and fair play**

Treat all players and opponents with respect.

Respect that students are involved in sport for fun and enjoyment, as much as competition.

Support good play and applaud good performance from all competitors. Applaud effort over outcome.

Value, role model and promote positive behaviour both on the sidelines and on the field.

Respect the decision of officials without gesture or argument, and never argue with an official.

Display self-control on the sideline. Always be positive. Never ridicule players.

Show appreciation for people who volunteer their time to make sport happen. Remember that we are all capable of making mistakes.

Encourage children always to compete according to the rules and to settle disagreements without resorting to hostility or violence.



In the spirit of sportsmanship and respect, we kindly remind all parents and whānau to be supportive and positive at our sporting events. Our athletes learn as much from your conduct as they do from their coaches and teammates. Please cheer enthusiastically, encourage all players (not just your own child), and refrain from negative remarks towards officials, coaches, or other spectators. Together, let's model the values of respect, fairness, and positivity that we wish to instill in our students.



# The Aquinas Way FOR COACHES AND MANAGERS



**The Aquinas Way guides coaches and managers of school sport teams to cultivate a culture of mentorship, leadership, and fair play, inspiring athletes to realise their full potential while upholding the values of integrity and excellence**

Respect the rights, dignity and worth of every individual student as a human being.

Maintain high standards of integrity. Never argue with officials, encourage cheating or make excuses for losing.

Undertake your responsibilities with professionalism.

Make a commitment to providing a quality service to your students.

Provide a safe environment for training and competition.

Protect your students from any form of personal abuse.

Lead by example – be a positive role model for the college, sport and athletes. This applies to training, co-operation, self-control, respect for others, and proper attitudes in language, dress, and behaviour on and off the field/court/pool.

Coach for the development of the individual and the team.

Coach to make sport fun, challenging and rewarding.