

Be Honest

Coach Talk:

Honesty is doing what you know is right and not giving in to what you know is wrong. You must always try and do the right thing in your words and actions.

- How have you practiced honesty at home or in school?

You've all probably heard the saying, "Honesty is the best policy." This is very true because if you're not honest then people won't trust you. If people can't trust you then they won't be able to depend on you to do what you say you're going to do.

- Why is it important that people can depend on you?

Story:

Maria noticed that one player for Barcelona, Carles Puyol, wore a special band around his arm. Maria asked her mother why he wore the band. Maria's mother explained that Carles Puyol was Barcelona's team captain. Maria thought it sounded pretty cool to be team captain but she wondered what the captain did. Her mother told her that it was a great honor to be named captain. The captain is someone who leads by example and is respected by all of the other players as well as the coaches. The captain is always honest in words and actions and represents the team during the match. Maria's mom explained that the captain has to be someone that can be trusted to keep the team's best interest in mind at all times. Maria wanted to be team captain but she knew she had a lot of work to do to develop all of those positive character strengths.

Parents' Corner:

Sports provides a great alternative classroom to teach important values such as honesty. So often we see coaches and athletes looking for a competitive advantage. Cheating is rampant in sports like baseball with steroid use and cycling. Lance Armstrong is a classic example of someone who became so obsessed with winning that he cheated and created a false persona of who he really is. In the wake of his lies and deception he ruined other people's lives and did irreparable damage to his own reputation. It's impossible now to know just how good Lance Armstrong really was because we can't trust anything he did or said. Lance Armstrong's reputation is shot.

As parents, it's important to look at situations like this and ask the question, "How does something escalate to that level?" Did Lance Armstrong intend to be a liar and a cheat? Probably not, but it did start at some point with a small dishonest act covered up by a small lie.

We're teaching a great life lesson when we teach our children to honest in all that they do and say. Sports should be a place of honesty and integrity at every level of play.

Thank you for reading this Player's Guide with your child and for discussing the valuable lessons that can be taught/learned through soccer.