

Your Code of Conduct



Read this summary of Brandon Cullen's TED Talk, "Life Lessons from the Minors." (bit.ly/2WSM7IH)

Most teams and individuals have a written set of standards and expectations. For Brandon Cullen, the standard was to be on time, to be dressed appropriately, and to come in to the season in top physical shape, among many others. Some of the most important expectations in athletics can be how a team member behaves with other teammates, towards another team or athlete, and in a difficult situation.

Your task is to come up with a personal or team Code of Conduct. Your Code of Conduct should contain rules and tips on how you and your team can be responsible and maintain positive actions at all times. This Code of Conduct should contain information on your most important values, ethics, honor codes, and how you will maintain accountability. Your Code of Conduct can contain respectful behaviors such as "My team always finds and thanks the opposing team's coach after the game." or details that help keep your team united, such as "Those who are not playing always cheer on those who are."



First, please list at least 5 codes you find most important with a 2-3 sentence explanation of why each code is important.

Second, build your Code of Conduct in a manner that is visually appealing and can be added to a bulletin board or on your wall at home. Create a poster, flyer, or graphic that represents the 5 codes you listed above. It should be inspiring!

Your final product should be creative wall-art that showcases your Code of Conduct along with your list of 5 codes and their full explanations.

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