

Respect

Explanation for Athletes

What is Respect?

Respect means recognizing the value of others and treating them with kindness. It means making sure everyone feels valued, comfortable and safe. It's just as important to respect yourself as it is to respect others.



"It's about treating others the way you want to be treated. Respect and empathy are key to being a good teammate."

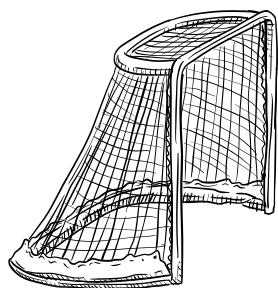
Alex Burrows, consultant for the Montreal Canadiens

Why is Respect Important?

Respect creates an environment where everyone can improve and have fun. It builds team spirit and helps everyone work better together. Respect is key to fostering positive relationships with other teammates.

A lack of respect can create tension within the group. When someone is treated disrespectfully, they may lose confidence in their abilities, lack motivation to practise, and feel stressed. It's the same for opponents and referees, too. Respect is key to building a supportive and positive environment in hockey.





How can we Act Respectfully?

Respect is expressed through behaviours like politeness and honesty. Share some examples of respectful and disrespectful behaviours with your athletes.



Disrespectful Behaviours

Injuring an opponent

Cheating

Breaking equipment

Excluding a teammate

Being a sore winner or loser

Ignoring someone intentionally

Humiliating, laughing at others

Losing your temper

Insulting, putting others down

Blaming a teammate for their struggles

Respectful Behaviours



Helping your teammates

Managing your emotions

Having fun, smiling

Being a good sport

Encouraging your teammates during tough times

Including everyone on the team

Apologizing, saying hello, saying thank you

Accepting the referee's calls, even if you don't agree with them

Listening to others' advice

Following the rules of the game

Feedback and Discussions

Reinforce: When a player acts in a respectful way, congratulate them and explain how their behaviour makes a difference.

Reteach: If a player is disrespectful, explain how their behaviour affects others and ask them how they can correct their behaviour or do better next time.

Is your player being disrespectful because they're emotional? Try to help them manage their emotions before focusing on respect (see the *Managing Your Emotions* life skill).

Are they too focused on winning? Encourage them to concentrate on improving their skills and having fun, instead of just winning (see the *Development Mindset* life skill).

Award the *Respect sticker* to a player who has been respectful at practice or during a game, and explain what they did well.