

DOWNSIDE SPORT

The significance of Benedictine values for Sport at Downside

Benedictine Value	What can I do to demonstrate this in Sport at Downside?	How will others see me when I play Sport at Downside?
Welcome	<ul style="list-style-type: none"> • Being a good host • Be courteous, welcoming and engaging to any visitor • Consistently represent all that is good about your school • Recognise that a positive impression will strengthen your schools image and the opinions of others – this will last well beyond your time here 	Being friendly and polite to opposition players, staff and parents/supporters Using Appropriate language Competing hard but always upholding the highest standards of behaviour and conduct No Swearing. No Sarcasm. No Dissent
Listening	<ul style="list-style-type: none"> • Taking an interest in others • Taking account of the needs of others • Discerning vocation 	Actively listening to all members of our community Engaging with teammates and coaches Responding positively to constructive criticism
Reverence & Humility	<ul style="list-style-type: none"> • Putting the needs of other first • Honest self-assessment • Servant leadership 	Selflessness Honesty It's not about the personal achievement – it's the collective that matters!
Teaching & Learning	<ul style="list-style-type: none"> • Constantly aiming to improve • Development of skills through honest analysis of failure or mistakes • Supporting others to learn and develop and be 'the best that they can be' 	Discipline in training Listening to advice and acting upon it Striving to improve Culture of self-reflection
Personal Discipline	<ul style="list-style-type: none"> • Focus on targets, avoiding distraction • Setting personal standards and leading by example 	Be the best that you can be – achieving your personal best at all times Lead the way – others will follow your example
Concern for the individual	<ul style="list-style-type: none"> • Treat others according to their individual needs • Give sufficient challenge to each individual according to their strengths • Nurture and support the vulnerable and those in need of guidance 	Respect the individual needs of your team mates Challenge your team mates to strive to improve and always give of their best for the benefit of all. Be available to listen to and support any team mate who may need your guidance and experience to make the best decisions
Building Communion	<ul style="list-style-type: none"> • A shared spiritual purpose • A purpose which promotes unity and strengthens the individuals within it 	Praying together, giving thanks together Seeing yourself as part of the team Being generous towards others within the team
Stewardship of Gifts	<ul style="list-style-type: none"> • Working to make the most of our talents • Striving to leave Sport in a better place at Downside • Leaving a positive legacy to be appreciated 	What contribution will you make to Sport at Downside? How do you wish to be remembered for your contribution to Sport at Downside? What will future generations say about you - strong, generous, a source of joy, resilient, appreciated challenges rather than problems, supported those in need?

