



*For when the One Great Scorer comes to write against your name,
He marks – not that you won or lost – but how you played the Game.*
Grantland Rice

SABERS SPIRIT, SABERS SPORTSMANSHIP

Sabers students must remember that they are ambassadors of SOIS. Sabers behavior – both good and bad – reflects on the entire SOIS community. Sabers students hold themselves to the highest standards of behavior. Doing so is part of our “**Sabers Spirit.**”

There are three kinds of sportsmanship: poor sportsmanship, good sportsmanship, and **Sabers Sportsmanship**. Sabers Sportsmanship, an integral part of Sabers Spirit, is the highest level of sportsmanship, practiced by all Sabers teams and coaches at all times.

Some characteristics and behaviors of Sabers Spirit and Sabers Sportsmanship include:

- **complete preparation:** 100% effort and attendance at practice and games; proper nutrition; total mental concentration; commitment to the team
- **team and personal pride:** while playing; in appearance and conduct – proper dress code for events and proper behavior in public (transportation, restaurants, etc.)
- **proper respect:** to teammates, managers, coaches, officials, opponents, the game;
- **relentless competitiveness:** “fight to the end”; do not give up; dive for loose balls; take the charge; sprint to the finish
- **calm composure:** no arguing and no fighting – with referees or opponents or fans or teammates or coaches; no complaining about referees’ or coaches’ decisions; “shake off” bad plays; do not get down on yourself or on teammates
- **thoughtful compassion:** shake hands with opposing players and coaches before and after games; bow to officials and coaches; no taunting; do not jeer or boo (at any time, including during basketball free throws, soccer penalty kicks or while leading off first base, for example); pick up a fallen player – teammate or opponent
- **personal modesty:** no boasting or showing off; no “showing up” the other team
- **polite consideration:** quiet attention; pick up trash in gym and locker rooms; no outdoor shoes or food or drink in gym unless allowed; give up a train seat to the elderly; hold the door open for others; take off your hat when appropriate; listen
- **appropriate language:** no swearing anywhere, anytime – in the hallways, at practice, in a game; no obscene gestures anywhere, anytime (including Facebook photos)
- **ethical behavior:** no cheating or lying; no bullying or hazing; no skipping classes
- **legal behavior:** no alcohol, no smoking, no drugs, no stealing, no vandalism
- **a moral code:** “do the right thing”; follow the Golden Rule: “Do unto others as you would have them do unto you.”

The AD and school administrators do not have specific consequences or punishments for SOIS students who do not live up to the expectations of Sabers Sportsmanship. Inappropriate behavior is considered case-by-case with possible outcomes including suspension or expulsion – from practices, games, the team and/or school.

All Sabers must read and agree to follow these Sabers Sportsmanship guidelines by completing the [online agreement form](#) on the [Sabers website](#) (sabers.senri.ed.jp).