

## **EXTENSION UPDATE**

**Sarah Purcell, Extension Educator  
Nebraska Extension in Otoe County  
Syracuse, NE 68446  
402-269-2301**

### **“It’s Not Fair!”**

As summer baseball, softball and 4-H seasons get into full swing, the phrase “It’s not fair!” is heard regularly.

The development of good sportsmanship principles is an important piece of youth development. It is important for people to be fair competitors, good losers, and graceful winners to become contributing, caring adults.

Good sportsmanship contains many components. Good sportsmen know the rules and they follow them. They are honest, straightforward, show integrity, and do their own work. Good sportsmen don’t understate or overstate their abilities, accomplishments, or skills.

Good sportsmen accept the nature of competition as striving for a goal, prize, or honor that cannot be shared. Competition does involve a certain amount of rivalry between contestants or teams.

Whether deemed the winner or the loser good sportsmen show courtesy to others. They are well mannered and respectful in their attitude and behavior. They exhibit a positive attitude whether they do well, win, or lose.

Graceful acceptance of results is another characteristic of good sportsmen. They are pleasant and nice toward other participants, spectators, program officials, judges, parents, and others. It is important to accept the judges' suggestions and results with a positive attitude.

No matter what the results, congratulate those who did well. Recognize and try to learn from the accomplishments and admirable traits of others. Whether a contestant does well or not, they can grow as a result of a competitive event by learning to improve their skills.

Finally a good sportsman, regardless of the results, thanks those involved. They look at competition as a way to make the best better.

#####

*Sarah Purcell is a Nebraska Extension Educator for Otoe County and Southeast Nebraska. She can be reached at 402-269-2301 or via email at [spurcell2@unl.edu](mailto:spurcell2@unl.edu).*