



Sample newsletter articles

All sample articles are available in WORD format on the kit CD



To help manage sport rage, it's a good idea to educate members via your club newsletter or website. By publishing information and tips on a regular basis, you'll help people understand how they can prevent sport rage and what to do when incidents occur.

Some suggested article topics might include ground officials, what do to when sport rage occurs, club policies on sport rage, club codes of conduct and preventing sport rage: tips for parents, coaches and players.

Some sample articles are below. The articles are a guide only and should be tailored to suit your club/association.

Sample article 1

What children really want from sport

Sport provides many valuable learning experiences, but for most children enjoyment is the most important outcome. If they don't have fun, they will not want to play.

Ask children and you'll discover the scoreboard, trophies and winning are not really that important. While they may not remember the score from a game played just two weeks ago – they will recall a funny incident or who they played with after the match. In fact, one of the most satisfying things about sport for children comes from being with their friends and being part of a team.

All adults involved in children's sport – parents, spectators, coaches and officials – can help children get maximum enjoyment from sport by focusing on what they like most about the game. Emphasise the importance of effort and having fun, rather than the score.

Top tips

- ✓ Talk about trying hard and having fun, not just winning
- ✓ Never criticise or ridicule children
- ✓ Don't pressure children – it's their game not yours
- ✓ Discuss with children what they enjoy about a game.

Sample article 2

Scoring more than points during the finals

We've made it to the finals! What a season we've had. Congratulations to all club members for their commitment, team work and good sporting behaviour.

This season, our players have shown us that each game has been about scoring more than just points. Players have developed their sense of fairness, discipline and integrity, along with their fitness and skills – all the while having a good time representing our club.

And the finals should be no different. During the finals series, it's important we keep the bigger picture in perspective. The finals should be just as enjoyable for everyone as the rest of the season has been.

Even though the stakes are high, there will be no tolerance for unsporting behaviour. While revving up your energy, remember to keep your emotions in check and everyone will enjoy themselves.

Good luck and play fair!

Sample article 3

Stamping out sport rage: tips for parents

We all know that sport is a fantastic way for children to learn important lessons about teamwork, rules, winning, losing and much more. It also keeps them fit, healthy and provides great friendships.

So it's a real shame that sport for young people can be ruined by sport rage. Sport rage is violence, bad language, abuse and general bad behaviour by players, coaches, officials or spectators.

At its worst, sport rage reduces a child's enjoyment of sport, undermines all the terrific benefits and can lead to drop out.

Many people have a role to play in stamping out sport rage. This includes our club committee, coaches, officials, players, spectators and parents.

As a parent, you can help reduce sport rage by being a good role model and creating a positive sporting environment. Here are some simple tips:

Encourage fair play

- ✓ Cheer and acknowledge good plays by both teams
- ✓ Thank the officials, coach and other team after the game
- ✓ Respect officials, coaches and opponents

Help kids enjoy sport

- ✓ Emphasise trying hard and having fun, not just winning
- ✓ Talk about the game, not the result.

It's also important to understand, uphold and support our club's code of conduct for parents.

Keep your emotions in check

- ✓ Be enthusiastic, but don't scream instructions from the sideline
- ✓ Don't get into shouting matches with anyone
- ✓ Never use bad language or harass others

Sample article 4

Sport rage incidents: what you should do

Sport rage is any violence, bad language, abuse and general bad behaviour by players, coaches, officials or spectators. Sport rage reduces the enjoyment of our sport, risks member safety and harms the reputation of our club.

Our club does not tolerate unsporting behaviour and all reports of sport rage are dealt with seriously and promptly.

Here's what to do if you witness or are the victim of sport rage:

On the field

Sport rage on the field is managed by the officials. Players should report incidents to the officials or team captain. Officials will deal with the situation according to the rules of the game. The officials can suspend play in serious situations.

Off the field

Sport rage off the field should be reported to a club committee member or ground official. It is the responsibility of these officials to approach offenders and take action. Action may include the issue of warnings, removal from the venue or even involving the police.

With any sport rage incident, it's important not to:

- Ignore it and allow situations to get out of hand
- Lose control of your emotions
- Engage in aggressive behaviour.

Remember, report incidents to a club committee member or ground official, don't deal with situations yourself.

Sample article 5

Do you *Play by the Rules?*

Fair play and good sporting behaviour are the linchpins of our club. The safety and enjoyment of our members and supporters is our priority. While we are all committed to fair play, there is always more to learn.

Do you fully understand issues like harassment, discrimination and abuse? What are your rights and responsibilities when it comes to these issues? Do you know what to do if you have a complaint?

These questions and more are answered at www.playbytherules.net.au – a simple, interactive website designed for anyone involved in sport.

www.playbytherules.net.au provides practical information and online learning on how to prevent and deal with harassment, discrimination and child abuse in sport.

The online training is free-of-charge – all you need is an interest to learn and some spare time to complete the training.

Committee members, coaches, players, parents and officials will all find the site useful. Some of the topics covered include discrimination, harassment, child protection, the law and complaint processes.

Log on today at www.playbytherules.net.au to find out more.