

# Middle School Guidance



## Competition - Good or Bad?

March 2014

Volume 11, Issue 8

I came across an interesting article that I wanted to share. Competition is a good thing. It's about finding out how well you can do something under pressure. It's about challenging yourself to become better. It can be about working together with others to accomplish a goal. You compete to succeed; to be the best you can be. Yes, it is also about winning. Actually, it is about wanting to win, working to win and preparing to win.

We can have competition with ourselves (often our toughest opponent). We can compete with another person, team, business or country. Competition is the same in a job as it is in sports. To have a good outcome, a person has to focus and commit to doing the work needed to improve. Doing one's best when something is really important is a challenge everyone should attempt. As a coach, I wanted players who were competitors. If they were good athletes, it was a bonus. A really gifted athlete can be a challenge to motivate. If success comes easily, there is no reason to work very hard. Then, when facing a tough opponent, he/she may lack the determina-

tion to battle and will give up emotionally. Having to work hard in practice will carry over to a game. Overcoming problems in preparation teaches a player to handle adversity later in life. Competition has a bad reputation. Even in a Thesaurus, other words for "competitive" are "bloodthirsty" and "cutthroat." These are unattractive words. When did wanting to win become a bad thing? When did losing become unforgivable? It became ugly when it became so important to win that our culture embraced a "win-at-all costs" philosophy. There are many reasons for this downward spiral: pressure on coaches and players to win, cheating, inflated egos, bad sportsmanship, player burn out, media coverage, talk shows that second guess players and coaches, the Internet and social media sites that second guess coaches and players. So, the big question becomes - What can we, as concerned adults do to counteract the negative aspects of competition? We must teach our kids that being a real winner involves more than just the final score. It depends on the treatment of

others, on the hard work done, of respect for others, for following rules, for being honest, of being a gracious winner/loser, and of the acknowledgement of the people who helped along the way. We must separate the act of competition. Will we be proud of our children if they compete well but don't win? Yes, we will love them just as much. Yes. Can we keep the scoreboard from determining pride or love? If the answers are all, "Yes," we will raise competitive winners. (National Federation of State High School Associations - Karen Coffin)

### Quote of the month

"Triumph is the collection of failures."



Happy St. Patrick's  
Day

### Points of Interest:

- ✓ - Absent from school? Check out the teacher lesson plans by logging into PowerSchool parent portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: <http://www.bbsd.com/bullying>

Contact Mr. Smith

Phone # 267-6931

E-mail -  
[msmith@bbsd.com](mailto:msmith@bbsd.com)

Webpage - <http://www.bbsd.com/ms/faculty/marksmith>



## Important Upcoming Events

The following are a listing of important dates to remember:

**March 7, 2014** - ACT 80 day.

**March 17, 2014** - Happy St. Patrick's Day.

**March 27, 2014 through March 28, 2014** - P.S.S.A. Mathematics and Reading Assessment (Grades 5, 6, 7

and 8).

**March 25, 2014** - End of the third nine-week grading period.

**April 7, 2014 through April 9, 2014** - P.S.S.A. Writing Assessment (Grades 5 and 8).

**April 28, 2014 through April 29, 2014** - P.S.S.A.

Science Assessment (Grade 8).

**May 1, 2014** - Middle of the fourth nine-week grading period.

