

Rising Stars Character Building Program

Why is character education important in a sport and artistic setting?

Today's world faces many difficult problems. Escalating crime, drug and alcohol abuse, workplace violence, gang activity, vandalism, school dropouts, deteriorating work ethics, domestic violence, juvenile delinquency, etc. the list seems endless. Essentially, all of these problems come from the lack of, or misapplication, of good character qualities. If we are to find lasting solutions to these issues, we must work to improve our own character, teach good character to our children/students and help those around us to improve their character. After all, character is what really determines our success in any area of life. At Rising Stars, we do our best to create an environment that promotes the characteristics of superior athletes and artists. However, we also find it extremely important to cultivate the moral identity of each student that attends our facility. We strive to be more than an athletic training facility. We are a personal development center. We believe that character truly is the Key to Success!

What is Character?

Our character is what guides our responses to any situation or circumstance in our life. How we respond to the various things that come up is what will determine the results we get.

Instructors Will:

1. **Explain it** - define it, illustrate it, and discuss its importance.
2. **Exhibit it** - through personal example.
3. **Expect it** - through codes, rules, contracts and consequences.
4. **Encourage it** – give feedback.

Monthly Character Building Traits

September- Respect

- Showing high regard for an authority, other people and yourself.
- Treating others as you would want to be treated.
- Understanding that all people have value as human beings.

October- Responsibility

- Being accountable in word and deed.
- Having a sense of duty to fulfill tasks with reliability, dependability and commitment.

November- Confidence

- Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance

December- Determination

- The quality of being determined to do or achieve something.
- It is important as it means that you are willing to do anything to overcome any challenges so you can achieve your goals.
- Willing to see your project through to the end despite any set-backs.

January- Courage

- The ability to do something that frightens you.
- Strength in the face of pain or grief.
- Bravery

February – Kindness

- A kind act
- Tendency to be kind and forgiving
- The quality of being warm-hearted, considerate, humane and sympathetic

March – Purpose

- The reason for which something is done or created or for which something exists.
- You were created for great things. The fact that you are here is evidence that the world needs you.
- Your existence proves your purpose and your purpose proves your potential.
- You are valued and loved even if it doesn't always seem that way.

April – Enthusiasm

- Enthusiasm is the energy, the fuel, the blazing fire that brings about a successful result.

May – Dependability

- a value showing the reliability of a person to others because of his/her integrity, truthfulness, and trustfulness, traits that can encourage someone to depend on him/her.