

# Respect & Accountability



## 3 Key Takeaways

— 1 —

*Hold yourself accountable and others will respect you.*



— 2 —

*Treat others as you would like to be treated.*



— 3 —

*Doing the right thing is not always easy.*



## The Basics

Respect has two chief definitions:

- 1. admiring (someone or something) deeply, as a result of their abilities, qualities, or achievements.*
- 2. having regard for someone's feelings, wishes, or rights*

These two go hand-in-hand, but more simply, respect means treating others how you would want to be treated. It also means practicing self-respect by being accountable for your own actions and attitudes.

In athletics, this can sometimes be a tough thing to do. But even in the heat of competition, it's important to continue to show respect to opponents, coaches, teammates, and officials. Being respectful of everyone (including yourself) makes it more likely that others will respect you back in return.

**Accountability:** Having accountability means being responsible. And like having responsibility, being accountable translates to being punctual, attentive, prepared, and ready to help. It also means that you are willing to accept and learn from your mistakes.



Track and field Olympic gold medalist DeeDee Trotter recalls a time as a young athlete when she committed a false start in a race. Prior to the sprint, DeeDee was distracted by having fun with friends and socializing rather than focusing on the event and mentally preparing herself. When she jumped the link just before the starting gun fired, DeeDee was penalized for a false start. She remembers feeling embarrassed but blamed others for her mistake - the starter, her teammates, her coach, and even her mother.

However, after some thought, DeeDee soon realized that she should hold herself accountable for her own actions because she was solely responsible for the false start. She knew that it was easier to blame others, but the truth was that there was no one to blame but herself. Had she properly prepared for the race, she would have been better focused and prepared to reach her goals. From this experience, DeeDee learned to take accountability for her actions and now knows this helped to make her the Olympic champion she is today. DeeDee is proud to say that she has never false started in a race again. TrueSport athletes are accountable for their own actions and understand that doing the right thing is not always easy.

### AMBASSADOR STORY QUESTIONS

- 1. What was the main point you took away from the ambassador story?*
- 2. Have you ever learned a meaningful life lesson from an earlier experience?*
- 3. How can you practice being more respectful and accountable on a daily basis or with your team?*