

Folks who advance their career on the backs of others

Here are eight personality types that try to advance their career on the backs of others.

Meet this year's Iowa Character Award recipients!

Meet Jack Eherenman, one of this year's Citizen of Character Award recipients!

Is civility in youth sports lacking?



“IF WE CAN’T TRUST THE
RULES AND ENFORCE THEM,
WE CAN’T TRUST THE GAME.”

-NANCY JUSTIS

@THERAYCENTER
#CHARACTERCOUNTS

From our guest contributor, Nancy Justis

“Civility” comes from the Latin word “civilitas”, which means city. A city has to be a place of civil behavior. Similar to how laws set the guidelines for society, rules are critical to every sport.

A game is something that takes place according to the rules. Cheating on the rules is as much a threat to the game as lawless behavior is a threat to civilization. Civility is not a luxury. It’s essential to the preservation and enjoyment of the game. If we can’t trust the rules and enforce them, we can’t trust the game.

According to the NYU Sports and Society program, “Sports are often referred to as fun and games. And they are, but they are far more than that. Sports are a reflection of the most fundamental norms and values that shape human society. Sports represent escape from the world, but they also are a huge presence within the world, accounting for hundreds of billions of dollars in revenue and bringing together more nations and groups than any political entity is capable of doing.

“Sports are a test bed for science and medicine, as well as

for teaching, communicating and mentoring. Sports are big business. Sports fuel the media. Sports are critical to advertising and merchandising many of the world's most lucrative products. Sports shape the beliefs and values of our children. Sports have and can lead the way in societal reform and ethical progress. Sports create our heroes, villains, and pariahs."

And according to the Josephson Institute Center for Sports Ethics and the Arizona Sports Summit Accord, "sports can and should enhance the character and uplift the ethics of the nation. Participation in sports is a privilege, not a right. At its best, athletic competition can hold intrinsic value for our society. It is a symbol of a great ideal: pursuing victory with honor. Sports are a major social force that shapes the quality and character of the American culture."

Sports in itself is an entertainment culture. However, youth sports needs to be a development zone culture, striving towards "Better Athletes, Better People", the goal of the Iowa Youth Sports Initiative in step with Positive Coaching Alliance. The culture of "win at all costs" has no place in youth sports. Adults taking over the sports play from the kids has no place in youth sports. Breaking the bank for travel teams, club play versus school play, both of which eliminate certain sections of the populace, have no place in youth sports.

How did we get here?

The culture and pressures to win over learning life lessons and simply having fun have materialized at the top and have trickled down to youth sports. Having power over rather than respect for the game. That's difficult to turn off once it's been turned on.

Bullying, harassment and intimidation are often tolerated

because they become perceived as normal. This is especially true where high-energy, high-ambition attitudes prevail such as in a locker room. Peers can look at bullies as popular leaders worthy of respect. They often have high social status which grants them power.

Abusive conduct such as bullying cannot exist but for an organizational culture that allows it. Sports programs are inherently competitive, and contact sports encourage aggressive behavior. When athletes are rewarded for running faster, hitting harder and throwing further than their peers, it is understandable that especially younger athletes have difficulty understanding that aggressive behavior is unacceptable beyond the boundaries of the game.

Research shows that those bullied are seven times more likely to be depressed and are more likely to be suicidal. Bullies have a greater risk of health and stability problems, including higher rates of alcoholism, drug use, and of dropping out.

Each of us should look at ourselves and ask if we've personally had experiences with disrespect, abuse or bullying by a coach, athlete or parent. What did you do about it?

How do you develop a positive locker room culture? The Honor Call system is one way. A Northwestern College volleyball coach developed the system where players self-report when they touch a ball even if the referees don't see the infraction. She and her staff initiated a series of concepts that would help her players govern life both on and off the court, including integrity.

Each of us is responsible for positive outcomes. How we get there is what's important. Respect and sportsmanship do not come naturally. We want to win, but not at all costs – it's about the journey. To be ethical is a deliberative thought.

For more information on civility in youth sports, [click here](#).



Nancy Justis has over 40 years of journalistic experience ranging from newspaper and magazine writing and editing, to collegiate public relations. At a time when women were a virtual non-entity in the athletics media relations field, she blazed the trail. She has over 30 years of experience in the promotion of sports teams and working with student-athletes. She was Sports Information Director/Assistant Athletics Director for Media Relations at the University of Northern Iowa for most of those years, publicizing the Panthers' nationally-recognized men's basketball and football teams. She is a member of the Cedar Valley Character Counts Committee and serves on the board of the Cedar Valley Sports Commission. She freelance writes for various publications.

Learn more about character education.

NYCL 2018 Participants

Adel Desoto Minburn

- Emma Brown
- Lucas Heitz
- Mikayla Klein
- Danielle Selover

Ankeny

- Ryne Bete
- Megan Dao

Ankeny Centennial

- Connor Beath
- Sara Camargo
- Paige Canova
- Taitlyn Canova

- Kara Denner
- Erin Doruska
- Alex Ford
- Allika Gustafson
- Shantal Hernandez Guerrero
- Sydney Hiatt
- Morgan Kinch
- Karlin McGarvey
- Alia Smith
- Adam Vaske

Ankeny Christian Academy

- Chad Elrod
- Hannah Howard

Baxter

- Andee Joos
- Lauren Ratliff

Bondurant – Farrar

- Madison Agans
- Erin Bailey
- Gloria Bailey
- Camden Coon
- Jacob Hayworth

Carlisle

- Sophia Fett
- Paige Mercer
- Nathan Rowray
- Hannah Schurz
- Megan Sievers
- Carter Sorenson

Dallas Center – Grimes

- Kaylin Berghoefer
- Tyler Borneman
- Carter Eischeid
- Holly Ellis
- Abigail Greiman
- Elizabeth Mensing
- Cooper Pierce
- Caleb Rhoads

Dowling Catholic

- Grace Coleman
- Clare Culver
- Shannon Dougherty
- Caroline Fink
- Catherine Finnegan
- Katherine Greening
- Leah Hunter
- Kade Johnson
- Mary Kelly
- Sophia Nguyen
- Jessica Thomas
- Katherine Timboe
- Maureen Wainwright

East

- Kennedy Anderson
- Amaya Bales
- Emma Buchacker
- Jake Cort
- McCayla Dahlberg
- Faith Gbarjolo
- DeLanie Jackson
- Jasmine Johnson
- Arissa McGregor
- Nayeli Nazarit
- Arminda Neppel

- Danielle O'Connor
- Naleta Pephirom
- Nawal Rai
- Paige Sensouk
- Yabsira Tekle
- Alex Tiengkham
- MaryKate Walling

Hoover

- Karli Benson
- Lorelle Dean
- Victoria Htoo
- Lal Kima
- Elise Marshall
- Rachel Math
- Hannah Poortinga
- Jade Sharp
- Lydia Swanson

Indianola

- Matthew Deike
- Brock Elbert
- Gabrielle Haynes
- Tyler Jufferbruch
- Jenna Lee-Johnson
- Connor Lynch
- Colton Miller
- Abygail Mouzakis
- Annika Shaw
- Joseph Westlake

Iowa Christian Academy

- Will Hatchitt
- Collin Schroeder

Johnston

- Obsee Abbajabal
- Marianne Aldrich
- Angela Cai
- Grace Campidilli
- Lauren Fergus
- Jacqueline Fisher
- Chantelle Foster
- Alexandra Guilloz
- Danny Ho
- Rylee Matthews
- Aubrey McCombs
- Makenna Mumm
- Kennedy Ortmeier
- Parul Srivastava
- Dana Thacker
- Sophia Van Zee
- Carlyne Waldron
- Sierra Wicks
- Christopher Yao
- Letian Zhang

Lincoln

- Jharna Adhikari
- Alana Astor
- Nixson Benitez
- Anjana Biswa
- Erika Canada
- Clayton Davis
- He Eh
- Zoie Goldstone
- John Goode
- Ben Knoebel
- Coby Konkol
- Hillary Lopez
- Brittney Miller
- Alexis Riccio

- Kristina Toben
- Susmita Wagle
- Kaylee Weaver
- Gaudi Zamora

North

- Laura Christensen
- Kim Ngoc Deo
- Jasmine Echeverria
- Set Flower
- Riawna Hunter
- Lilyahna Kowal
- Phuoc Phu
- William Rassavong
- Caleb Slater
- Phillip Sunga
- Parker Swigert
- Margaret Wallace

Norwalk

- Luke Agey
- Gianna Bellizzi
- Emma Burnett
- Grace Crady
- Jaden Deal
- Ana Eagan
- Allie Ollila
- Noah Schumacher

Roosevelt

- Sauda Abdullahi
- Carmen Almendarez
- Charlotte Bening
- Tiffany Bolanos
- Connor Crabill
- Emma Grimm

- Eleanor Hildebrandt
- Madeline Kahl
- Beyonce Karlstad
- Meghna Mallapan
- Faiza Naseer
- Cade Pahl
- Jane Romp
- Neve Steger
- Katelyn Wilson
- Meghan Workman

Saydel

- Darian Garcia
- Andrew Malone
- Alyssa Monroe
- Southeast Polk
- Abbragale Blaine
- Derek Carlson
- Brenda Dao
- Abbey Doyle
- Jenna Eastman
- Paige Kruse
- Tessa McDonald
- Sophia Patchin
- Elizabeth Pavon
- Ami Penquite
- Evan Perry
- Adam Schneider
- Chandler Schrock
- Victoria Shaffer
- Emma Slifka
- Ryan Strickland
- Zachary Strickland
- Ben Thompson
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- Isabel Wilson

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- Zachary Strickland
- Ben Thompson
- Jenna Vignovich
- Isabel Wilson

Urbandale

- Max Carver
- Marissa Chavez
- April Czarnecki
- Brooke Dannenfeldt
- Lindsey Ingraham
- Aditya Kotla
- Jonah Larsen
- Matt Moran
- Jacob Sammon
- Katherine Stoelk
- Riley Vander Hart
- Varun Vepa

Valley

- Emily Ash
- Heidi Bantz
- Andrew Behrens
- Jane Berg
- Blake Edwards
- Walter Golay
- Helen Gould
- Claudia Jun
- Cassie Larick
- Bin Rui Li
- Gabe Lockin
- James Meng
- Megan Nelson
- Allison Ohringer
- Evan Paine
- Hannah Ross
- Darrell Smith
- Kate Snodgrass
- Jasmine Spann
- Greta Stewart
- Cole Strelecki
- Rachel Studer
- Radha Velamuri
- Sukhman Virdi
- Katie Wyatt

Waukee

- Nathan Brush
- John Delaney
- Mackenzie Devoto
- Christine Emerald
- Katelyn Felt
- Nate Goodwin
- Evan Gray
- Megan Groathouse

- Ryan Herren
- Hima Joseph
- Elle Kramer
- Marisa Mapes
- Grace Millsap
- Jori Nieman
- Alex Nigg
- Mitchell Pollitt
- Sydney Rippin
- Hannah Sand
- Adam Severson
- Kaitlyn Severson
- Avery Showalter
- Sarah Ummach
- Michael Vicente
- Meredith Wood
- Jessey Wyzgowski

Woodward – Granger

- Briley Bermel
- Kayley Dresback

Remembering the big picture

Winning is important for motivation and stick-to-it-ness, but learning fundamentals and life lessons is so much more important.

8 ways to help children develop caring mindsets

“Find a project that matches your child’s interests, abilities, and passions to realize he is a difference maker.”