



Athletics Code of Conduct

I. *Seek Him*

As a Gilbert Christian Schools student-athlete, I understand that I am flawed, and it is only by His divine grace that I can be the person that He has called me to be. Through seeking Him daily, each person is revealing a desire to grow. In athletics, growth is an absolute necessity for the benefit of both the individual and team.

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. – Matthew 6:33

If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. – James 1:5

II. *Trust the Process*

Athletics provide a unique opportunity to overcome new challenges at each practice and game. As a Gilbert Christian Schools student-athlete, I understand that a sport season is a marathon and not a sprint. Each day, I must choose to get better as I face new and exciting challenges.

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. – James 1:2-4

... we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. – Romans 5:3-4

III. *Embrace the Opportunities*

Sports provide a unique opportunity to use the gifts God has given us in a competitive environment. The athletic courts and fields also give us an opportunity to be a witness to those around us. As a Gilbert Christian Schools student-athlete, I will represent a follower of Christ no matter where I am.

He who is faithful in what is least is faithful also in much... – Luke 16:10

IV. *Be Humble*

There is a fine line between confidence and arrogance. As a Gilbert Christian Schools student-athlete, I will be humble in victory and defeat to my opponent, officials, and fans.

When pride comes, then comes shame; But with the humble is wisdom. – Proverbs 11:2

A man's pride will bring him low, But the humble in spirit will retain honor.

– Proverbs 23:23

V. *Ripple Effect*

Even the smallest stone thrown into a lake produces ripples that will eventually hit the shore. Our actions have consequences both on the playing surface and off. As a Gilbert Christian Schools student-athlete, I will work to sow seeds that reveal good fruit within me while promoting the growth of good fruit in others.

...for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. – Galatians 6:7-8

He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. – 2 Corinthians 9:6