



SUPER

Sports United to Promote Education and Recreation

SUPER SPORTS UNITED TO PROMOTE EDUCATION AND RECREATION

LEADER MANUAL

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SUPER

Appreciating Differences

With the talent and think power we had, we were able to open up the court and let one or two guys penetrate, then feed off of them. In the fourth quarter your leadership, your unity, your understanding of personnel, your fulfillment of roles – all those things come out. And I think that's the way we won.

-Michael Jordan

PURPOSE

To have participants recognize and appreciate differences among people in sport and in life.

MATERIALS

Super Playbook and a pen or pencil.

KEY POINTS

- Participants will have identified differences among individuals in their group.
- Participants will understand the importance and benefit of recognizing differences in their activity and other areas of their lives.

Appreciating Differences

SESSION TIME – Approx. 30 Minutes

I. INTRODUCTION (5 minutes)

Tell the group:

- It is important to understand your own strengths and areas you need to improve.
- It is also important to understand and appreciate the strengths and areas in need of improvement in others.

Imagine putting together a team of people for a competition in your sport. You would want to have individuals who were strong in different areas. Examine the team you are playing on or one that you have played on in the past. Consider the differences in the skills and strengths of each member of the team. Consider the following:

- Although all of you share a common interest in your activity, there are differences among you in the way you play the game.
- You all have your own strengths and weaknesses. The same is true outside of your activity. Some of you may be strong at math, others at English.

II. RECOGNIZING SIMILARITIES AND DIFFERENCES (12 minutes)

Activity

Ask the group the following questions. For each question, have them go to your left or right depending on what group describes them best. Once they are in their group, have them look around to see who is similar and different from them.

- Are you left handed or right handed?
- Do you like to go to school?
- Do you have more than one brother or sister?
- Do you have a part-time job?
- Do you like to go to horror movies?
- Do you have someone that you would consider a best friend?
- Do you consider yourself to be religious?
- Do you speak more than one language?

Ask the group the following questions:

- Were you surprised about who was in or not in your group for any of the questions?
- Identify a situation for which you think any of these differences would be important? (Examples might be: asking someone to help you with your homework or asking to borrow money from someone)

- Would any of these differences be important if you were selecting a team for your competition? If not, what differences would be important?

Tell the group:

Some differences are important and many are not. We need to respect people for who they are and value what they can contribute to themselves and others.

III. APPRECIATING DIFFERENCES

Ask the group the following questions.

If you were playing in a tournament or competition, which person in the group would you select to (Make sure that they do not pick the same people for all of the areas):

- Keep cool under pressure
- Be the fastest person
- Be the strongest person
- To keep everyone focussed
- To help everyone enjoy the competition

(add some more areas that are pertinent to your sport)

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Ask the group:

- Were these differences more important than the other ones we discussed?
- If so, why are some differences more important than others?
- How do we determine what differences are important?

Tell the group:

In sport and in life, we can all benefit from teaming up with people who have different skills than we do--people with different ways of dealing with challenges or those who have skills in areas in which we are not as strong. They can help us see and learn.

IV. SUPER CIRCLE

Have the group do **one** of the following activities:

Option #1

- Have the group members pick a ***word of the day!***

Then have everyone stand-up in a circle and put their hands in the middle like they are about to do a cheer. Then on the count of three have them shout out the word of the day three times.

Option #2

- Ask one of the participants to read the quote for the day. After it has been read ask the group the following questions

The “**What?**” Question

What is it talking about?

The “**So What?**” Question

What does it mean to you?

How does it relate to what you learned today?

The “**Now What?**” question?

What might you share with others about what you have learned?

Thank the group for a good session and collect their Playbooks!

