

Utah Dressage Society

Junior/Young Rider Sportsmanship Award Nomination Form

The UDS is pleased to offer the UDS Sportsmanship Award recognizing outstanding sportsmanship amongst UDS Junior and Young Rider Members. Anyone may nominate a UDS Member for this award with the use of this nomination form. The UDS Sportsmanship Committee will review all nominations and make a recommendation concerning the award.

A list of traits that the UDS Sportsmanship Committee believes define good sportsmanship is attached. When nominating an individual for this award, these traits should be considered. When completing a nomination, please provide the UDS Sportsmanship Committee with as much information as possible concerning why the individual is deserving of this award. Once the nomination form is completed, please return to the UDS. Nominees will be announced in the newsletter. The recipient of the UDS Sportsmanship Award will be announced at the UDS Annual Banquet.

Nominations must be postmarked by October 15th.

Mail to: UDS, PO Box 562, Draper, UT 84020

Name of person nominating:		
Address		
City:	State:	Zip:
Phone:	Email:	Age:
Name of person nominated for UDS Sportsmanship Award:		
Address:		
City:	State:	Zip:
Phone:	Email:	Age:

Traits of Good Sportsmanship

- **Courage** is having the determination to do the right thing even when others don't; the strength to exhibit fairness, to be courteous, to gracefully accept the result of the contest, to attempt difficult things that are worthwhile
- **Good Judgment** is choosing worthy goals; setting priorities in accordance with team, regional, national and international rules; leading others to follow these rules
- **Integrity** is having the inner strength to be fair and courteous during athletic events, to play according to the rules, acting positively and honorably not only to your team, but to your opponent
- **Kindness** is being considerate, courteous, and generous in spirit to the opponent; showing care, compassion and friendship in victory or defeat; treating others as you would like to be treated
- **Perseverance** is being persistent in pursuit of worthy objectives in spite of opposition, difficulty, injuries, handicaps or discouragement, and exhibiting patience and the fortitude to try again when confronted with mistakes or failures
- **Respect** is showing high regard for coaches, officials, opponents, fans, administrators, self, team, horses and the region you are representing
- **Responsibility** is being dependable in carrying out obligations and duties, showing reliability and consistency in words and conduct, and being accountable for your
- **Self-discipline** is demonstrating hard work and commitment to purpose, regulating yourself for improvement and refraining from inappropriate behaviors, maintaining self-control at all times, and doing your best in all situations

