

MISD ATHLETICS DEVELOPING CHARACTER PROGRAM

PROGRAM INFORMATION

The MISD Developing Character program started in the 2008-2009 school year to provide MISD Coaches a curriculum for teaching character to MISD Student-Athletes. In the program, every MISD student-athlete, in grades 7-12, participates in a weekly character lesson taught by their coaches. The lessons are created by the Student Development Coordinators (selected MISD coaches) and distributed to all coaches from the MISD Athletic office.

The MISD Athletics Developing Character Program is a 36-lesson curriculum taught throughout the academic school year. The curriculum is divided into three 12-week phases:

- Phase I Developing Individual Character
- Phase II Developing Teammate Character
- Phase III Developing Leadership Character

The Developing Character curriculum is structured to develop positive character traits by teaching character “from the inside-out.” The first twelve lessons focus on developing individual character (character, integrity, and attitude). The second set of twelve lessons teaches student-athletes how to display good character as teammates (commitment, teamwork, responsibility). The third phase of the curriculum emphasizes developing character that enacts positive changes in others – or leadership (leadership, dealing with adversity, handling success).

The goal of the MISD Athletics Developing Character program is to create positive behavior change in student-athletes through the means of weekly character lessons taught by coaches.