



Ethics in sport

Guidelines for coaches



Dear Sportfriends!

I believe that today, when in many places in the world there is division, we need sport more than ever. Because sport not only brings people together and builds community, it also creates role models for us who, through their humility and determination, show the way for all of us in our everyday lives. Ethics in Sport not only helps coaches to shape their students into role models, it also contributes to their own development. Our aim in sport governance is to focus on the professionals who work with athletes, in addition to the athletes themselves, to draw attention to the service they provide to Hungarian sport every day. This attention creates new opportunities, but it also brings responsibilities. It is now not only the athletes but also their coaches who must set an example for sports fans, both professionally and as people. So that our compatriots can find as many role models in Hungarian sport on and off the pitch as possible. I am sure that this publication will be a good basis for this. Thanks to the authors and to all those who take the time to read it.



Ádám Schmidt, State Secretary for Sport

Dear Fellow Coach!

One of the fundamental beliefs of the Hungarian Coaches' Association is that the coach is the main custodian of the purity and values of sport. In 2007, we published the Coaches' Code of Ethics to emphasize and raise awareness of this, followed in 2016 by the second, expanded, bilingual (Hungarian-English) edition. In order to apply the principles set out in the Code in everyday coaching practice, we felt that a publication was needed that would guide coaches in specific situations on the path to follow and the right way to behave. In the course of their work, coaches often find themselves in situations that require ethical decisions. In such cases, a good decision can help to improve the athlete's personality and even his performance, while a bad decision can damage these.

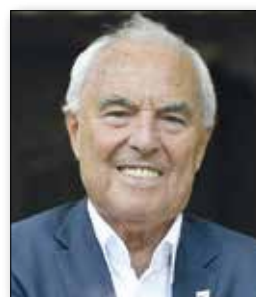
I wholeheartedly recommend this guide to all coaches and all sports professionals who do their job responsibly. Remember: we are not only training athletes but first and foremost people. We welcome any feedback on how the guidelines can help you deal with the issues raised by daily sporting practices.



Zoltán Molnár MET President

Dear Mr President, Dear Coaches,

As the President of the International FP Committee, I was very pleased to receive and carefully read the publication Ethics in Sport by the Hungarian Coaches' Association. As a former professional athlete, I consider it important, perhaps even indispensable, to practice good behavior, ethics, and fair play. Sport, especially competitive sports, is fair play itself. Without it, professional sport becomes a circus and a game I do not support. At the same time, as a doctor, I have experienced and know that sport is one of the most important tools for maintaining the health of society so that we can live our lives in good spirits, joy, and happiness without illness. Having read this publication thoroughly, I recommend that all coaches and competitors study it, as it can give them strength in their often difficult and sometimes critical preparations.



Dr. Jenő Kamuti



„When you hold up a mirror to others, don't forget to look into it yourself., (Platon)

Interactivity between sport and moral education

A Human society – implicitly sportsmen – lives by a set of written and unwritten rules.

Moral conduct

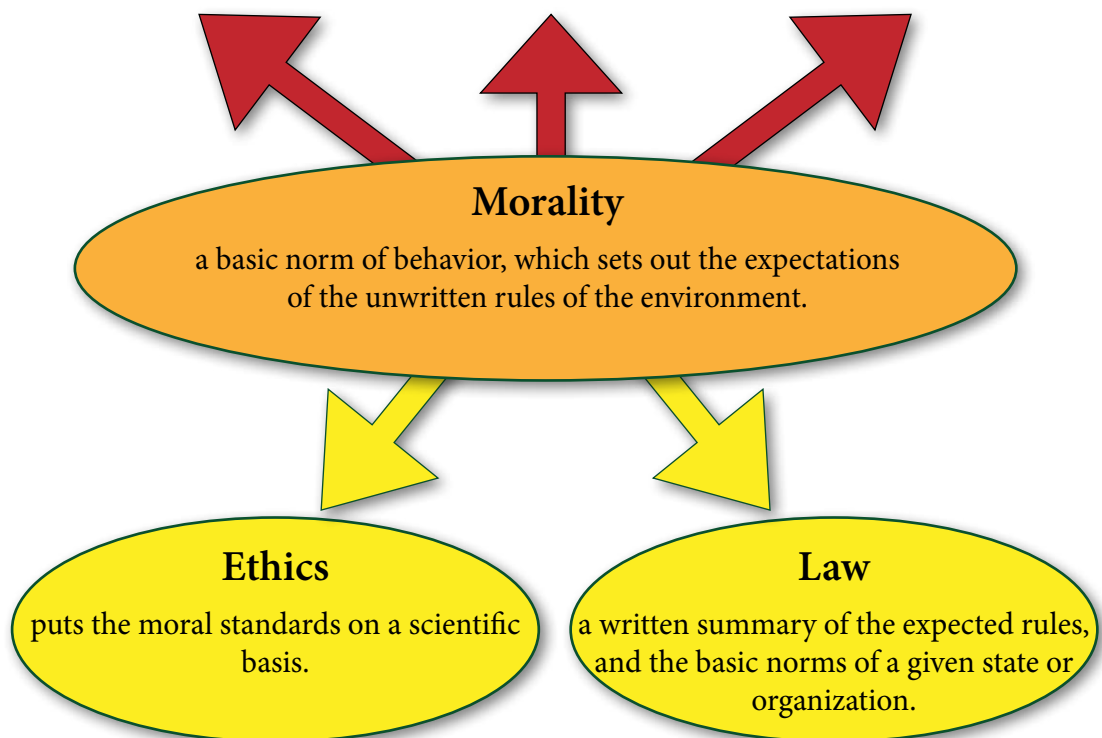
when adaptation to social norms is of one's own free will.

Value

the characteristic of something/someone that is of outstanding importance.

Value judgement

an opinion formed by a thinking person: it can be a positive or negative rating.



ETHICS - MORALITY - LAW

They are mutually incomprehensible in the light of basic standards.

Compliance with standards

institutionalized social norms (time, space, school, and sporting order); - community norms (getting to know each other, cooperation, friendship, adaptation, acceptance);
- environmental norms (care, protection of the environment, following innovation)

„... sport done right can indeed become an arena for the practice of virtue ethics with a variety of possibilities ...” (Kevin Lixey LC)

Virtues

Virtues are positive skills that help you to recognize the good.

Its relativity is confirmed by the fact that there is always a counterpole.

We distinguish four basic virtues: wisdom, justice, moderation, and courage.

All other virtues can be linked to these four cardinal virtues.

Aristotle, Greek philosopher, on the theory of the golden mean (NE 1107 a 6.)

Excess	Central	Shortage
Anger	Gentleness	Cold-bloodedness
Recklessness	Courage	Cowardice
Shamelessness	Modesty	Shyness
Self-indulgence	Temperance	Insensibility
Irrationality	Bounty	Greed
Earnings	Satisfaction	Defeat
Extravagance	Generosity	Stinginess
Arrogance	Truth	Mocking modesty
Flattery	Love	Hate
Insecurity	Self-esteem	Hubris
Softness	Perseverance	Bluntness
Conceit	Noble ambition	Small-mindedness
Waste	Dedication	Deficiency
Deceptiveness	Insight	Simplicity

Moral good

In a moral sense, what is good is not only good concerning others, but is valuable in itself.

The morally right person is the one who, by keeping in mind the unwritten rules, achieves the goal.

It is morally good if adherence to generally acceptable norms corresponds with the dictates of conscience (there is such a thing as a „false conscience” too).

„... Sport is part of culture because it educates, disciplines, gives pleasure, delights, and allows for a meaningful pastime. ..” (Jenő Kamuti, President of the International Fair Play Committee)

Ethical standards in sport

They are basic social and cultural standards and universal values that foster the dignity of the athlete and the development of self-awareness among individuals, groups, and nations.



Fair play / fair game

In the course of a clean, fair contest, athletes, coaches and fans practice and enjoy the game of sport together, respecting each other, out of inner motivation and for the common experience.

Its goal: absolute respect for the rules of sport, the acceptance of equal opportunities, and the enjoyment of fair competition. The unity of the physical body, the will of the soul, and the spiritual balance of the mind, the harmony between morality and culture.

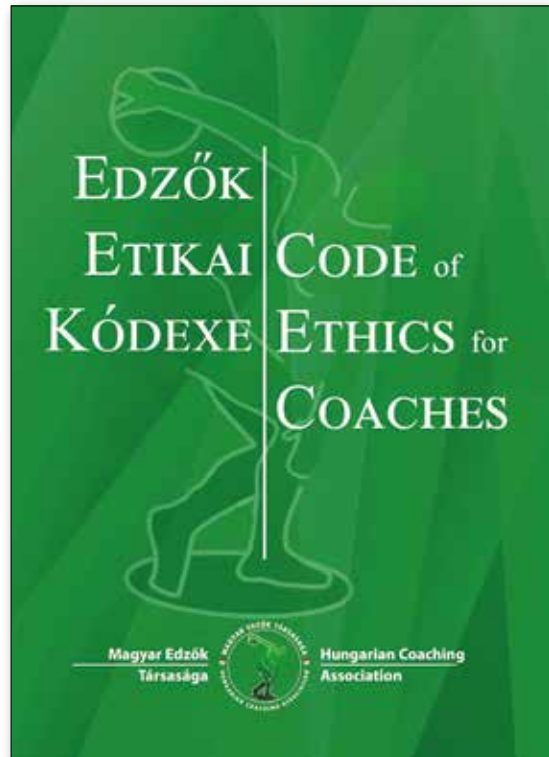
„... In 2019, based on nominations from all over the world, a Hungarian athlete, László Péter Gosztanyi, a rower, received the Fair Play Award in the youth category. The then 13-year-old competitor was declared winner of the 1000 m event at the Hungarian Championships. He indicated to the judges that he thought they should look at the finish photo. According to the photo, it was not him but a fellow competitor who won the distance and he finished in 2nd place ...”

„... Sport is a part of culture, it teaches cooperation, discipline, perseverance, moral discipline, respect for each other, and the development of learning skills ...
That is why this task, this vocation, this mission is beautiful...” (Dr. László Cserhádi)

Code of Ethics – a summary of the unwritten rules

The coaches' code of ethics carries a message not only for those in the field of sport but also for society, namely what this community considers to be the most important moral standards. (*Hungarian Coaching Association*)

Sport knows no club, city, county, or national borders: the individual virtues of each athlete become international values through sport, becoming universal and creating a common set of values. What is good remains good for its own sake, what is unacceptable does not become permanent.



Sport can give and take away

- It can reinforce moral values ... sometimes it can be demoralizing;
- It can promote morality ... or lead to wrong decisions;
- It can strengthen the community ... or be torn apart by growing individual interest;
- It can promote the formation and strengthening of friendships and healthy lifestyles, encouraging community participation and social cohesion, or, on the contrary, it can reinforce aggression, the need to doping as a deception, the disincentive of a selfish desire to win, and disunity.

Ethical anomalies

Even in modern times, non-compliance with an unwritten rule can cause more harm than punishment by law. Contempt for the community, and ostracism can cause serious damage in professional/personal life. E.g. fraud discredits, child abuse disgusts, (professional) relationship debauchery can be ridiculed, addictions create the appearance of incompetence, aggression creates fear, etc.

„... You are fairness, Sport! If it comes from you, praise is a true treasure, for it can only be won by valiant work! ...” (Pierre de Coubertin: Ode to Sport, V.)

Basics of moral education

1. The education plan sets out the sequence in which the tools will be used;
2. The process of education determines how the tools can be adjusted according to the nature of the pupil; and how they can be properly used;
3. The spirit of the method is to guide the student's emotions, thoughts, and will, to imbue his soul with the fundamental values of human existence, the true, the beautiful, and the good.

(Ödön Weszely)

True = necessary

courage, wisdom, prudence, reasonableness, justice, faithfulness, moral law, common sense, freedom, truthfulness, vitality, order, perseverance, firmness, sacrifice, diligence, honesty, hope, self-fulfillment, creativity, security, self-confidence, empathy, purposefulness, faith, humanity ...

Good = useful

virtue, temperance, self-awareness, self-discipline, knowledge, morality, peace, discipline, inner harmony, work, peace of mind, forgiveness, mercy, helpfulness, giving, sobriety, self-restraint, modesty, respect for tradition, courtesy, composure, ambition, curiosity

Nice = pleasant

aesthetics, justice, joy, appreciation, outer harmony, love, purity, happiness, health, creation, naturalness, success, richness of spiritual-mental-physical existence, recognition, diversity, prosperity, material goods, contentment

„... In sports, success, and winning are the goal, that's the priority, but just as importantly, sports have made me the person I am. It also taught me that if you have perseverance, you will have no problems in life ...” (Szilveszter Csollány)

The complexity of being an athlete

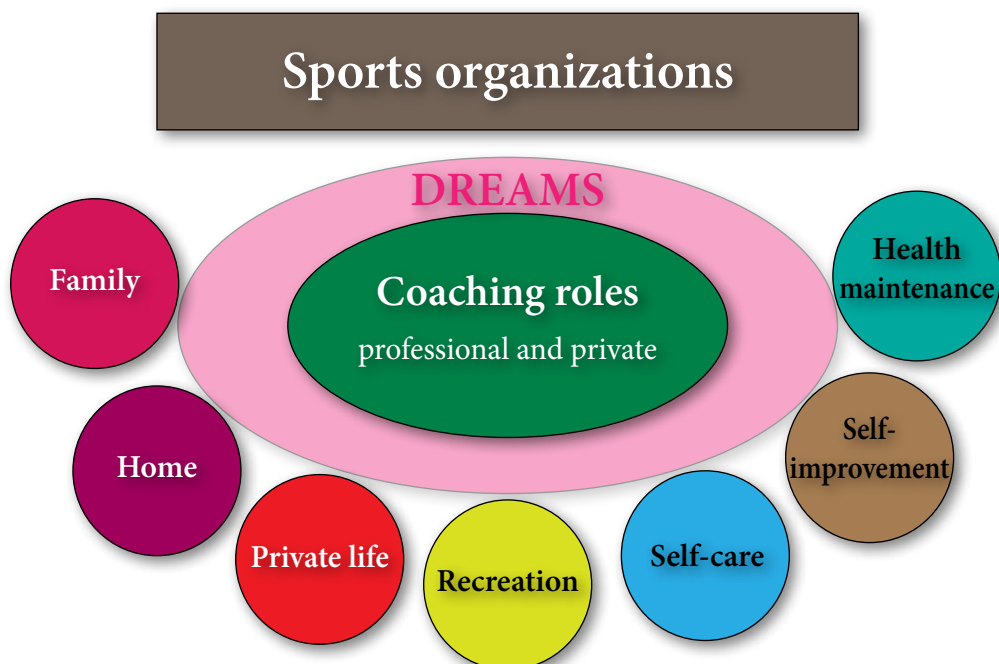


„Coaching is a vocation, which a coach can only fulfill if he is not only a master of his profession, but also its multi-faceted artist, precisely because of the complexity of human relations.” (Dr. László Cserhádi)

The role of coaches in moral education

A good coach also chooses the right way to become good

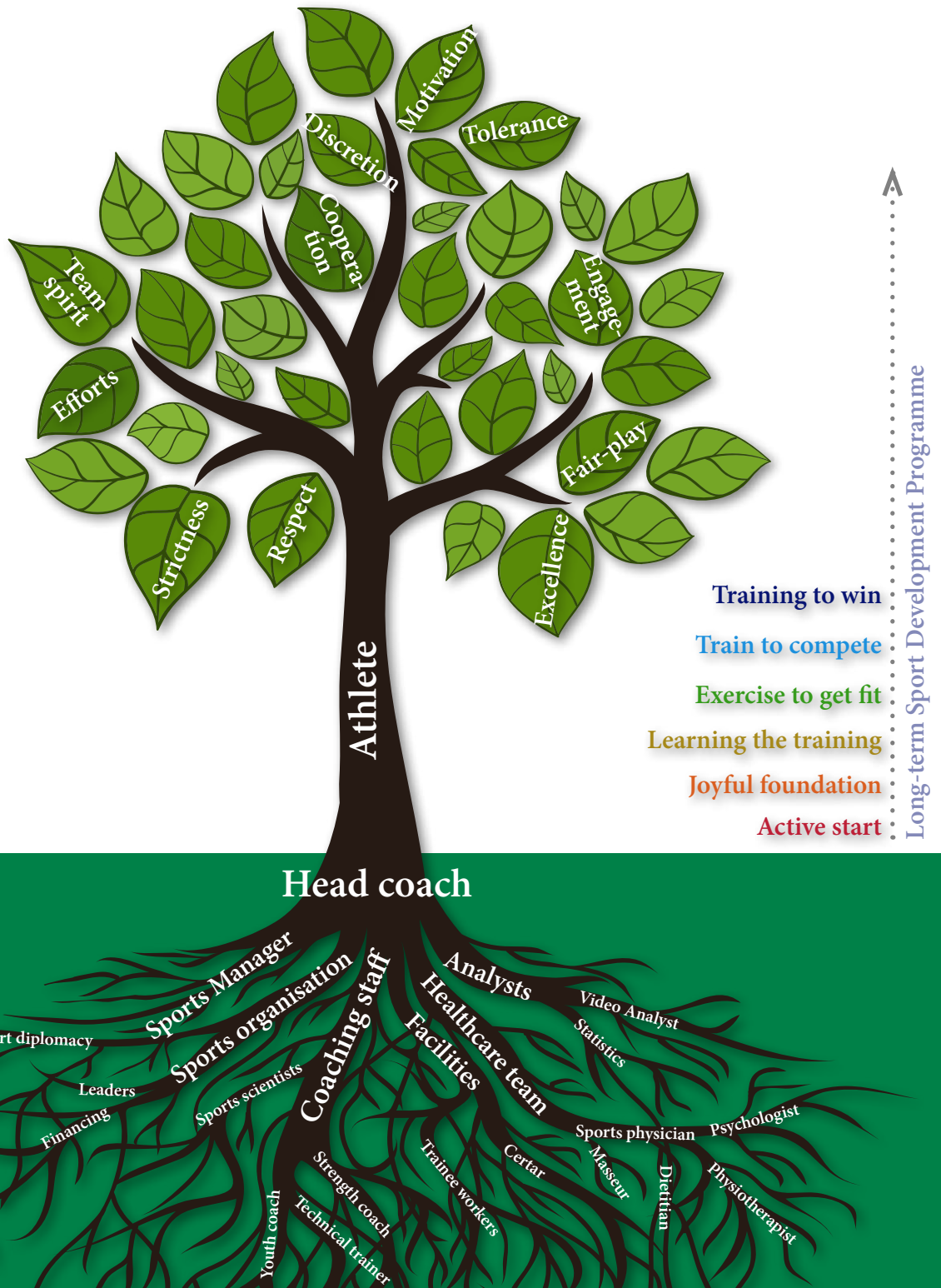
- He/she meets the internal expectations of the club;
- He/she is a trustworthy, credible person who has felt the heartbreaking breath of sporting joy and the consequences of failure;
- He/she also strives to be a role model in his personal life, as modern technology is increasingly reluctant to recognize the need to protect personal rights;
- He/she always tries to live in a decisive, objective, and considerate way;
- He/she is balanced, maintaining his physical, mental, and spiritual health while constantly improving his knowledge;
- He/she uses his knowledge to the maximum, and his/her dedication comes from his inner motivation, gradually developing the athlete;
- A healthy sporting relationship between coach and athlete is based on shared moral values, and he/she tries to maintain this;
- A morally good coach is a respected partner, role model, and ally;
- Knows the importance of regular, collaborative, forward-looking conversations.



**As a coach, have a concrete idea of what goodness means.
Be able to make smart, honest, fair, courageous, and reasonable decisions.**

„... Justice is the sum of our virtues in our relations to others ...”
(Aristotle)

The moral responsibility of the coaching staff



„Habit is formed by practice. Let us fight against our sinful inclinations, let us practice what is good, let us be virtuous people” (László Maga)

The experience and the message of the past for the future generation will be realized through the personality and the expectations of the coach and the staff members who support them.

In the development of the athlete, moral education is an important element of sports education. Everyone they meet in a sports organization contributes and takes away!

The sporting lifestyle provides the basis for the body’s fitness, contributes to the balance of the spirit, teaches a healthy mentality, promotes the socialization process in community life, and transmits the regulating power of social norms.

The sports professionals who work with the sports organization for the athletes certified by the sports organization are dedicated to the creation and development of community values and are aware of their well-defined tasks.

<p>Mutual respect professional knowledge, acceptance, appreciation, discernment, and respect for competence limits</p>	<p>The principle of sharing focus, cooperation, responsibility, unity in diversity, justice</p>
<p>Communication constructive criticism, willingness to compromise, ethical behavior, leading by example, self-restraint, moderation</p>	<p>Responsibility unity of purpose, common objectives, communication of values, determination, norm-following behavior, credibility, reasonableness</p>
<p>Working together respect, acceptance, conformity, public interest as the norm, intelligence, justice</p>	<p>Temptation management increased sense of responsibility, respect for intimacy, respect for quality of life, moderation, courage to refuse, self-restraint, noble ambition, perseverance</p>

COACHING STAFF – ETHICS

Damaging self-interest against the public interest

rejection of norm-following behavior, authoritarianism, selfishness, doubt, arrogance, hostility, lust for power, simplemindedness, inattention, lack of education, envy, harmful carelessness (illicit methods, drinking, flirting, cheating), deceit, the humiliation of sportsmen/partners, defamation

„... Choice – opportunity, decision – responsibility! ...”
(Lívía Tölgyesi)

The moral responsibility of vocational youth training

The education of young people plays a key role in all sports, and the quality and extent of the future depends on it.

A professional qualification and pedagogical knowledge and talent are essential for coaches working with young athletes.

Continuous self-education is a moral obligation.

At different stages of development, a distinction must be made between the education of children and adults, and children and young people ...

Age / developmental stage theories emphasize the importance of facilitating the transition between developmental stages ...

Coaches need to recognize the importance of taking on the role of „facilitator/guide/regulator” rather than „manager”.



The moral dilemma of youth coaches

Result / economic situation of the department: who should play, a player raised at home or a player transferred from abroad?

Many junior coaches leave the profession because of being misunderstood, unnecessary conflicts, or insufficient financial appreciation.

Decision-making situations that present coaches with moral dilemmas are often challenging. They have to choose quickly from different options.

Morality is often tempted by the expected consequences:

What are my options?

What would I prefer to do?

What influences my decision-making?

What do I need to do?

„... *Hard work, but with fun...*”
(György Kárpáti)

The moral challenges of youth coaches

Ideally, the coach should respect the athlete's personality and human dignity. The coach's culture of behavior, the long practice and preparation period, and the spirit of trainings should awaken in the athletes:

- humility through the love of sport,
- a healthy pride and attitude,
- the need for a perfect training,
- respect for fellow athletes, who may be opponents but not enemies.

The coach should not discriminate between athletes, should always be honest, and should encourage respect for each other.

Disrespect can ruin an athlete's life.

The coach must establish self-confidence and moral commitment to accurate and efficient work for a common interest.

The coach should always be punctual, and stick to their statements, promises, and demands.

Adolescent athletes are still struggling to come to terms with their inner struggles, and the pros and cons of behavioral patterns towards each other.

They also often struggle with moral dilemmas, which can make them insecure or aggressive.

It is a professional duty of vital importance to pay attention to the growing athlete in search of mental and moral stability:

- if they are more / less mature physically and insecure compared to their peers,
- if, due to sexual maturation, girls/boys require a different solution,
- if family problems cause them difficulties,
- if they are failing at school and cannot find a solution to their worsening performance,
- if there is a problem between opponents - training partners, and they cannot find the right solution,
- if their sense of identity is confused and they can't solve it on their own...

**Intimacy must be respected
in all circumstances!**

„... The quality of coach education in a sport determines the quality of that sport for decades ...”
(Dr. László Ormai)

Optimal conditions for the coach’s professional development

The Hungarian Coaches Association has developed a unified system of further education. The State Secretariat, the MOB (Hungarian Olympic Committee), the TE (University of Physical Training), and the relevant national sports federations and sports organisations are all involved. It helps the coaching community by organizing regular professional conferences and providing access to electronic learning materials and an e-learning platform.

According to Lajos Mocsai, it is important that „... coaches have a degree and, perhaps even more importantly, that highly qualified sports managers from universities are assigned to the operational areas ...”

THE PILLARS OF COACH SELF-ESTEEM

Professional self-development

- attends national and international conferences and trainings;
- watches professional films and/or reads magazines on the internet;
- consults colleagues, and networks at competitions and professional meetings.

Mental maintenance

Psychological stability:

- self-acceptance, optimism, positive goals.

Social stability:

- a stable family background;
- accepting social relationships;
- openness to (positive) social life.

Emotional well-being:

- vital thinking;
- resolve negative thoughts;
- learn stress management.

Healthy lifestyle

- exercises regularly, according to their age;
- eats healthily;
- active and passive rest, sleep;
- moderate drinking.

Economic prosperity

- a job that matches their qualifications;
- career development;
- a good job / financial well-being, where the main goal is to ensure the athlete’s progression
(more work + exhaustion = damage!)

*„... Personality traits can be praiseworthy or condemnable, depending on whether they make a given personality better or worse ...”
(Mihály Boda)*

The professional-human difficulties of the coach

Coaches and decision-makers need to think about and prioritize the safety and protection of children.

Everyone involved must ensure that the physical or emotional safety of children is not put at risk.

Respect for the intimacy of students, regardless of age and gender, and the protection of their privacy are of paramount importance!

It is also forbidden to abuse the situation even if the athlete takes the initiative if the sport situation requires contact, or if the athlete feels dispirited and wants attention!



Can the end justify the means?

Envy, greed, money, power, and fame can make the heart hard.

All the sacrifices and renunciations can be wasted because of one wrong decision. The ends/means dilemma is a real moral debate, but the wrong training method cannot be accepted even for the sake of the right goal!

Drinking alcohol, and using illicit substances while exercising, and being under the influence of such substances, is FORBIDDEN!

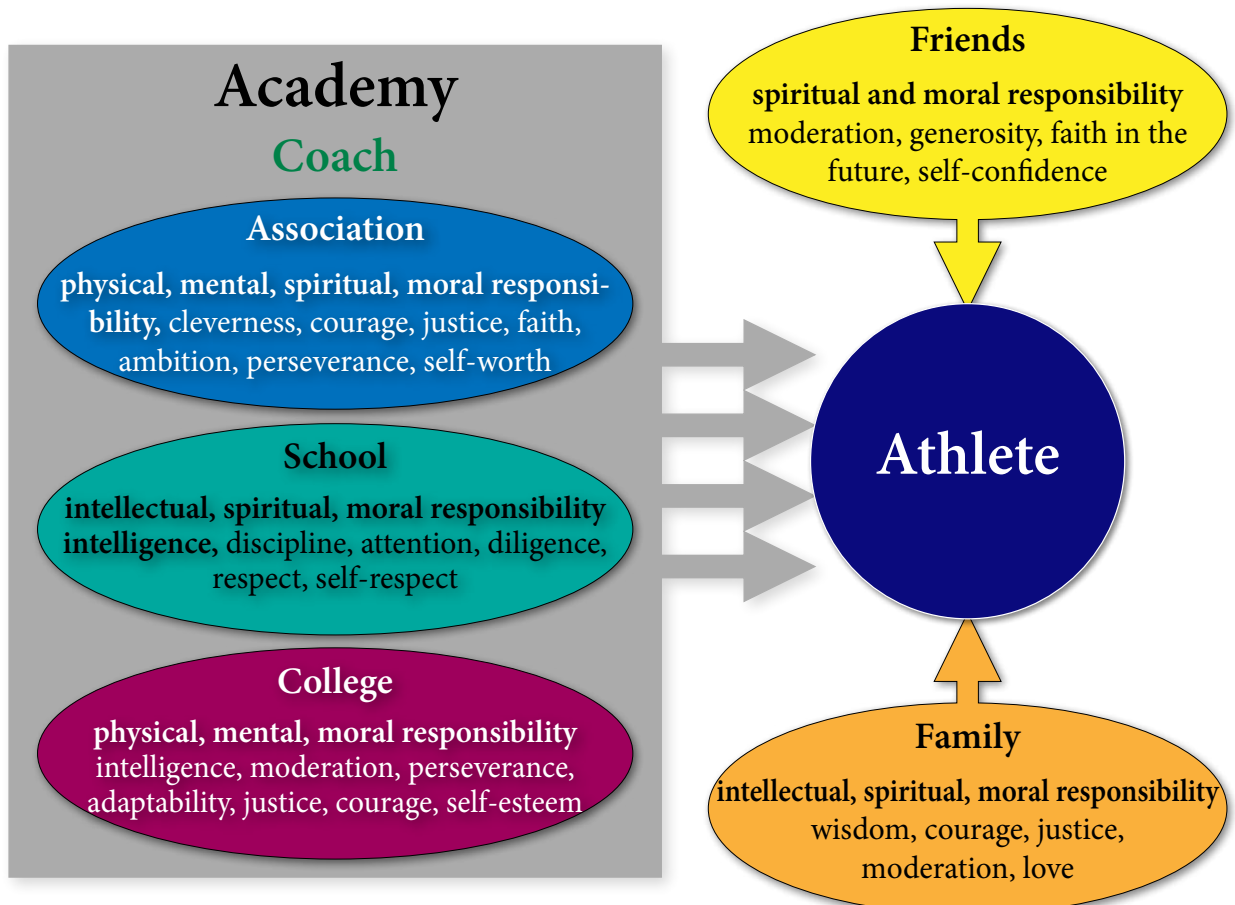
„... Sport yourself smarter! ...“
(Anders Hansen)

Responsibilities of Academy coaches and staff

Since 2011, a new task has been the organization of centers and academies for the training of young people, and the designation and funding of training workshops. The National Cooperation Programme pays particular attention to the role of sport in the various spheres of society, especially for the younger generations, in the context of a healthy lifestyle (*MLSZ – Hungarian Football Federation*).

Adolescence is a particularly difficult time to keep up with all the rules.

Sports academy coaches have a serious moral responsibility towards their athletes on the threshold of adulthood!



„... Sport, properly practiced, can indeed become an arena for the practice of virtue ethics
with a variety of opportunities ...”
(Kevin Lixey LC)

Normative for training and competitions

The moral foundations of the training process:

- Strengthens body, mind, and spirit through regular work together;
- shapes you into a purposeful, strong-willed, determined, respectful individual;
- teaches perseverance, requires meaningful action;
- teaches humility towards your environment;
- a motivating environment to follow standards, demanding respect;
- inspires commitment, perseverance, dedication, and purpose.

Ideal competitive situations

In sports, ethical norms consider competitions as a social and cultural phenomenon that enriches sporting society life, strengthens self-esteem and national consciousness, and promotes friendship between individuals, groups, and nations.

The events provide opportunities to discover, develop, and extend skills, as well as promote individual well-being, social coexistence, and health.

It focuses on dealing with feelings of resentment and failure.

The coach has a big role to play in helping ideal competition!

Competition is a comparison of pure performance against a competitor:

- It demands respect and fair performance, self-control:
instead of defamation and humiliation.
- • To endure a just defeat is a great challenge when facing the victor:
honest conduct ennobles character,
without hatred, conceit, or envy.
- • To experience victory and celebration is a great challenge:
with humble joy, without distortion of personality,
avoiding excessive pride, overconfidence, and bragging.

*„... Anyone who puts on the jersey of a country, nation or association, be it a representative of any field of sport, has a moral responsibility towards those they represent...”
(Livia Tölgyesi)*

Moral efforts to exclude the possibility of error

In a sense, professional knowledge is in the public domain, from the moment a professional commits themselves to an association.

After a change of club, the duty of confidentiality with the previous employer is the most important asset entrusted to their honor!

It is everyone's moral duty to do their best and at the same time to help their colleagues in their work for the common goal.

If someone makes a mistake, it also harms the community, and it should be pointed out respectfully.

Respect for individual rights must not be ignored!

The religious, social, cultural, and economic background of every colleague and student is part of the private sphere.

It is a moral obligation to protect intimacy and to accept identity.

No one should be discriminated against, either negatively or positively.

There shall be no personal matter within the profession!

It is a moral obligation to respect each other and to keep sexual distance!

Serious damage is done to sports when a (professional) jealousy/emotional crisis or a persistent stress situation leads to a breakdown in working relationships.

They also must set an example regarding respect for judges

Procedures should be put in place to protect referees from verbal and physical abuse.

There should be consequences for players, coaches, and parents who engage in such behavior.



„... The most important thing will be to be able to adapt to change, to learn new things, and to keep our mental balance in unfamiliar circumstances...”
(Yuval Noah Harari)

The moral duties of the coach and sports professional to innovate

Keep up with the times! Modern science provides new tools and a modern technological background. Developments must be incorporated into the teaching and training work - with a personalized training plan. This is a moral imperative to motivate the younger generation.

Innovation is a must in today's modern world.

These include: monitoring national and international innovations and intellectual products (developments, new methods, medical recommendations, etc.), interactions/changes in written and unwritten rules, strategic development, etc.

Strength test, development



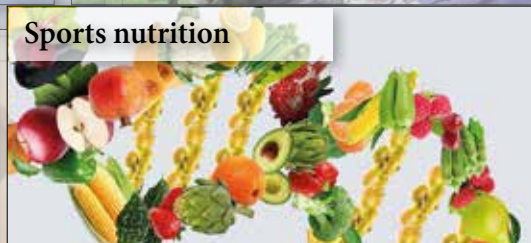
Sport-specific training



Regenerating



Sports nutrition



Sports psychology



Analyses, statistics



Sports equipment



Sport facilities



„... Whatever you do in life, you do it professionally or not at all! ...”
(Dénes Kemény)

Moral standards in the coach-athlete relationship

Sport is a model of life itself. It teaches the growing child the basic moral laws and the rules of everyday life.

Through the effectiveness of the coach, their athlete

- Learns to treat those weaker than them with friendship and helpfulness, and to overcome envy and jealousy of those stronger than them.
- Through joint discussions, they analyze and discuss the moral foundations of sporting life in their situations in the course of their sporting activities.
- Throughout education, the athlete is morally strengthened by the activities and skills: they learn to be systematic, purposeful in their decisions, respectful of their environment, strong-willed, determined, persistent in their concentration, and focused in their actions.

During training and competition, everyone undertakes to

- • Persevere in their determination to the end, giving their all,
- trusts others, punctual, efficient, communicative,
- performs playful tasks necessary to enhance sporting performance,
- tries to understand the importance of togetherness and joint action during team and group work, is modest in the face of praise and respectful of constructive criticism, in accordance with moral standards.

The sport/game rules communicate and accept the external limits, and the referees' decisions – in good cases – reinforce an objective approach.

The post-competition adrenaline surplus - the morality of free time in sports

The sporting activity, the judgement of the athlete, lasts until the jersey is worn by the professional staff and the athletes, leaves the organizational area (training camp, Olympic village, locker room behavior, etc.), and arrives home.

„... The world needs role models. Why not us? ...”
(Frank Schätzing)

Living as a role model is a responsibility!

In every coach's life, there is someone they look up to as a role model, whether liking their style or not. The athletes they raise search for those to look up to as well!

From athlete to memorable coach

„... Kornél Horváth has trained generations of duelists at home and abroad, he was a great coach. Gábor Udvarhelyi was our head coach throughout my junior and adult national team career. Finally, my uncle, Győző Kulcsár was my coach for the longest time, from 1988 until the end of my career. (...) As a coach, he could be authoritarian and stubborn, who took on his opinions internally and externally and the possible conflicts that came with them...”

From athlete to sports legend

„... Aunt Kati was at least 20-30 years ahead of her age. Her blunt honesty, her strictness, and her unconditional faith in her work were the cause of many conflicts. Lászlóné Fábíán is the most successful coach in the history of the sport. ... she gave countless legends to Hungarian kayak-kayaking. In addition to all this, she herself is an Olympic silver medalist ...”

From athlete to sports writer and successful sports diplomat

„... at the age of 27, Professor Csanádi was already working on his textbook on Football at the University of Physical Training. The demanding work became the “Bible” of all professionals and was translated into 15 languages. The footballer from Ferencváros became an IOC sports diplomat. President J.A. Samaranch said of him: „Árpád Csanádi is the most important man in the Olympic movement...”

From sportsman to sports teacher and sports founder

„... Kálmán Furkó, as one of the founders of kyokushin karate in Hungary, has made an unparalleled contribution to the fact that the style has not only established itself in Hungary but has also developed into the most popular martial art of the Far East. For decades, his spirit dominated close combat training in the armed forces ... As a master, he trained a succession of selected competitors over the years ...”

Plato's idea:
„Every human being is unique, one of a kind and unrepeatable.”

A chance for everyone

ICoachKids (ICK) aims to provide all children and youth athletes with a positive experience, led by qualified coaches, leading to a lifelong love of sport and physical activity and a healthier and happier life.

Coach's Pledge

 <p>01 Legyél gyermekközpontú</p>	 <p>02 Fejlessz sokoldalúan</p>	 <p>03 Legyél elfogadó</p>	 <p>04 Terepts jó hangulatot és biztonságos környe- zetet</p>	 <p>05 A sport megszerettetését helyezt a képzés elé</p>
 <p>06 Az alapképességekre helyezt a hangsúlyt</p>	 <p>07 Vond be a szülőket</p>	 <p>08 A tervezésben tartsd be a fokozatosságot</p>	 <p>09 Segítsd a tanulást különböző módszerek alkalmazásával</p>	 <p>10 A versenyzést rendeld alá a képzésnek</p>

Az ICoachKids (ICK) alapján

- **Child-centred:** the interests of children should always be at the forefront of the junior team.
- **Acceptance and use of different methods:** there is no single best practice.
- **Positive communication, providing a good atmosphere:** children want to learn, and they need to feel safe.
- **The main task is to train your students according to their level of development:** children are not small adults! Training must be adapted to their level.
- **Multifaceted:** creating an environment that ensures and supports children's social, emotional, cognitive, and moral development.



*„... Sport for people with disabilities is treated by the press as a category of sports health ...
But I know: it's the same sport. Before my accident, I was at the top of the world ranking,
and then ... I fought my way to the top of the wheelchair ranking ...” (Pál Szekeres)*

Health: the wholeness is given by self-esteem

People with a congenital or acquired disability can be motivated by strong will, perseverance, pride, and other virtues to integrate into sporting communities through attitudes and activities that are valuable to society and to themselves. They compete, like anyone who lives their life as a sportsperson. The challenges of sport, the thrills, joys, and failures of competition are as much of a struggle and experience for them as they are for their able-bodied sporting peers. They require specialized equipment and coaching expertise, but diligence and perseverance get them through the difficulties.



The sport of people with reduced mobility has existed in our country since 1929. The Hungarian Paralympic Committee (MPB) was founded on 13 September 1997 in the interest of disabled, visually impaired, and mentally handicapped athletes, and has specific tasks in the organizational system of anti-doping activities in Hungary. In para-sport, a specific test is the basis for the measurability and comparability of sporting performance and for ensuring equal opportunities in competition, as regulated by the NPB.s.



*„... Sport does not build character, it reveals character ...”
(Mav Levy)*

The morality of performance enhancement: who is fooling whom?

„Despite warnings, doping is on the rise, killing athletes one by one... It takes great wisdom and a highly developed moral imagination to see how certain risks taken in adolescence - such as doping - can affect our health in later years.”

**The main objective of the fight against doping is
to safeguard the long-term physical health of athletes
and to promote fairness.**

„The question is, what sport do you want to see?

**The type where there’s a normal fight, there are tears,
where the winner or the loser has earned it cleanly, or
one where monsters are running the show and everything
around you is fake?”**

(Andreas Krieger – alias Heidi Krieger)

Doping: success or failure?

**Choice – decision – responsibility – value – honor – health –
excellence – joy – courage – cleverness – moderation – moral
challenge – requirement – achievement – reputation – money**

*„... I'm going to box well, but when you get down to it, does it matter to anyone? ... I don't even have a mother alive to show my newspaper clippings to ...”
(Mike Tyson)*

Morality of the coach and the sport-parents

The choice of sport is an important moment in the life of every athlete, star athlete, World Championships winner, Olympian / Paralympian. What can the coach do here?

Parents provide most of the help: accompanying their child to training, helping from the background, sharing sorrow, joy, and financial means - supporting the family. Some children are managed by their parents,

BUT!

the parental „*zeal*” makes them too nervous to cope: a family member in a fever of self-realization is a huge burden on the youngster.

The best parent-coach relationships don't happen by chance, they take time, effort, and creativity. Given the important role of parents in youth sports, coaches, clubs and organizations should strive to create a more „*parent-positive*” culture!

- **Information** about their child's sport: technical information, the reasons behind the sports program and up-to-date information from the sports organisation.
- **Suggestions** for addressing needs and developing coping strategies to make the parenting experience more enjoyable.
- **Advice** on how to build relationships and communicate with coaches and others within their support network.
- **Ideas** on how to create an environment that supports autonomy and shows emotional intelligence.
- **Identify** and act on children's preferences for parental support before, during, and after competitions.
- **Changes** in parental support needed to meet children's developmental needs and the path ahead.

Well-communicated coaching knowledge

+ parental love and respect

= a smart, moderate, fair, and courageous athlete.

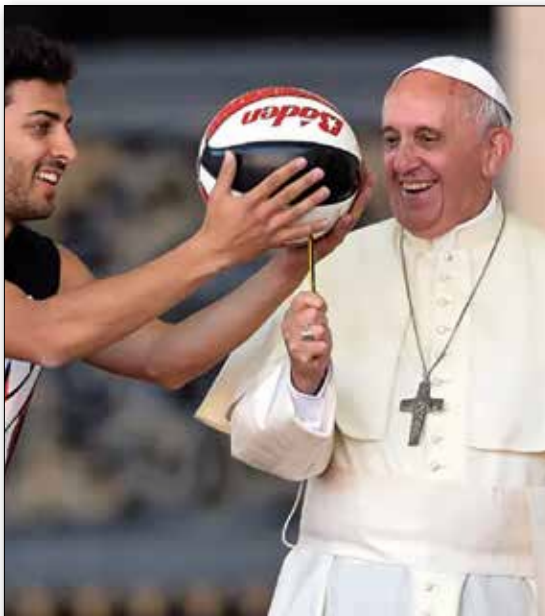
„... Modesty, humility: virtues have been avoided. I've hit my head against a wall, I've always made a mistake somewhere, but my mistakes are my own...”
(Amy Károlyi)

Sports ethics - anomalies

In a globalizing world, changing social and ethical norms are also having a major impact on sports. It can also influence coach-athlete relations.

Athlete with an atypical identity

„IAAF Secretary General Pierre Weiss: Semenya is a woman, but maybe not 100% ... could she have benefited from her possible intersexuality?” The embarrassing investigations have prompted their coach to announce his retirement. It can cause a serious ethical crisis for an athlete if he or she feels unfairly treated because of the gender identity of an opponent, despite the sacrifices he or she has made in the sport. It can damage their pride, sense of justice, and respect for the rules set by their coaches.



Sport and religion

The free exercise of religion is a fundamental freedom and ethical achievement and the avoidance of racism is a must in sporting life!

The coach's task is to make the practice of religion accepted: Jewish, Christian, Muslim, Buddhist, Hindu, etc.

14 of the 21 players of one of our renowned football clubs are foreign (2023) ...

It is the job of coaches to teach Hungarian athletes and academics (and sports parents) the value of sacrifice, perseverance, pride, courage, intelligence, justice, and moderation!

„... Everything tied me here, my childhood, my friends, the streets of Újpest, and the stadium on Megyeri út. Now, anyone could ask me if I regret this loyalty. I can safely say that I have not...”
(Ferenc Szusza)

Sports life - fans - media

Cheering and fandom are a high level of emotional, spiritual, and moral loyalty through a significant attachment to an athlete and/or team. It means identifying with the values of a team/person, standing up for them, and rejecting criticism. It often results in attaching moral norms to the role model. Commitment can be a positive infusion of gentle love and respect or a humiliation of helpless anger and blindness.

It's important to appreciate the fans to share the experience of belonging.

The „winning fans” are happier, more courageous, and bond more, while the „losers” are more depressed, more argumentative, and under-motivated.

Of particular note is the all-driving and all-influencing economic background that can make or break a whole country.

Sponsors, advertising, airtime, and advertisement contracts can lead to club success, while a boycott or a closed match can lead to serious financial ruin.

The influence of the media can even lead to moral defects in the athlete: desire to conform, avoidance of rules, use of illicit substances, arrogance, misinterpreted sense of freedom, and helpless anger after defeat.

The coach/coaching staff can help them deal with both success and failure and to manage the impact of fans and media!



Damaging supporters' camp – the humiliation of the work of the coach

Breaches of the norm of hooliganism seem more accepted in a given context, such as football matches, as is the frequent abuse of the referee, which in other circumstances would be punishable as defamation. Shouting racist, xenophobic comments is verbal deviance. The most violent manifestations are fighting and vandalism.

Dear Sportsman!

You are the Coach, so ask yourself:

am I measuring myself by the same moral standard as others? If you do, then you can expect respect and appreciation from those around you, you can have a healthy outlook on life, and you can care for others ... Sport opens up space and helps you to be a good person and make others a better person.

Sport

the game teaches a man in a short time the most important civic virtues: solidarity, self-sacrifice, subordination of individual interest, perseverance, readiness to act, quick decision, independent judgment, absolute integrity, and above all the rules of fair play, the rules of noble competition. (*Albert Szent-Györgyi*).

Physical education

a purposeful, planned educational process, which, with its specific educational content (movement games, physical exercises, sporting action systems, and the related theoretical knowledge), aims to develop a versatile personality, based on forward-looking social goals.

(*Zoltán Erdősi*)

Sports game

a diverse group of games with a set structure. The content of the game is defined by nimble movement, skillful aiming, light rotation of batons, etc., as well as by the compliance with rules by the playing teams, a sense of belonging to a team, the experience of fighting together, and a competitive, sometimes combative character. The development of our sports games can be traced back to two branches: 1. Historical sportsgames. 2. Pastorales.

(*Hungarian Ethnographic Lexicon*).

Ritual, sacred game

poetry was born in play, and has always been nurtured by play; music and dance were pure play. Wisdom and philosophy found expression in words and forms that were born in religious disputes. The rules of warfare and the conventions of noble life were based on forms of play. All in all, we must conclude that... civilization is born in and as play. (*J. Huizinga*)

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