



Thank you for subscribing to my newsletter

I hope you all enjoyed Labor Day Weekend. I am so glad you are here!

Welcome to Rooted Sonshine. Your place to **Learn & Practice** building *vibrant communities*, one connection at a time.

- Kyla

Nurturing the Good Stuff: Sportsmanship



Before the head-butting incident ended his officiating career, Bob was inducted into the ASA Hall of Fame and Umpiring National Indicator Fraternity.

My husband, Travis, is excited to see his boys experience the same love he felt/feels around sports. I wasn't an athlete, but I appreciate that sports can build character, strengthen bonds and friendships, help people set goals and persevere through physical and mental obstacles and require that they overcome disappointment and failure with confidence and, hopefully, grace.

Character . . . friendship . . . perseverance . . . failure . . . grace. Add that all up, and the goal is sportsmanship. Right?

Local author, [Bob West](#) was officiating a high school wrestling match when he was head-butted and knocked unconscious. He wrote [Rage on the Field](#) where he describes the "it takes a village" adage and how everyone in this village failed in exhibiting responsibility - from the individual athlete, to the school, to the coaches, to professional athletes, to the judicial system, to the young athlete's own parents in teaching this child sportsmanship through accountability.

[Bob](#) also gives steps to reducing unsportsmanlike behaviors including at home, via role models, and with accountability.

[ITZ Sports Performance](#) in Spokane Valley was founded on doing JUST that - being a part of the village that invests in, models, and teaches good sportsmanship.

“Before you have fun, take care of your responsibilities. Including out in society in general . . . Always look out for your neighbor and see if they need help. Basketball is a team sport. What is your role on the team, just like what is your role in society? How can I make the culture better? . . . Basketball is just a tool that I use to teach - It is not a me sport . . . you’re in it with other people. What you do affects other people, and as you get older and you play at a higher level, what you do off the court and out of season matters. . . These are all things we talk about in our classes and camps”, Tom Emory, ITZ owner, said.

We have the village ready to nurture good sportsmanship in our children. Thanks to the folks like ITZ and Bob for reminding us.

Bob will be signing copies of his book, at [Barnes & Noble](#) in Spokane Valley on December 9th. Until then, get your copy directly from Bob’s [website](#) or the [Liberty Lake Library](#).

ITZ hosts [camps](#), [clinics](#), [3v3 leagues](#), and [programs](#) all year long for all ages and all skill levels. [Stop](#) by and check them out!

[Read More about Sportsmanship HERE](#)

Finding the Good Stuff

Rooted Sonshine loves to highlight people, businesses, or organizations that are investing in people. If you have one I should feature, let's [connect](#).



Connect in real life

Fight the [loneliness epidemic](#) by checking out our [calendar](#) AND [submitting](#) your own local happenings.

[Rooted Sonshine](#) promotes thoughtful and intentional opportunities for communities to connect and engage locally.

We want to be the hub that keeps our community connected!



Ready to Connect, Give, and Grow?

Rooted Sonshine is here to support YOU in [doing good](#) to reach [higher potential](#).

From coaching to events to promotions, Rooted Sonshine helps individuals, businesses, organizations, and communities!

Come back soon for updates to our resources and [services](#) pages.

Have questions? Either reply to this email, connect on my [website](#), or via

kyla@rootedsonshine.com

Rooted Sunshine, Liberty Lake, Liberty Lake, WA 99019, (509) 309-7846

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