



UNITED STATES *Dressage* FEDERATION

Shining Star Award

USDF Nomination Form

The USDF Youth Programs Committee is pleased to offer the USDF Shining Star Award, recognizing outstanding sportsmanship among USDF Youth Members. This award may be received in one of two ways:

1. Anyone may nominate a USDF Youth Member for this award with the use of this nomination form. The USDF Youth Programs Committee will review all nominations and make a recommendation concerning the award. Complete page 2 of this nomination form and return to the USDF Youth Programs Liaison at the address below.
2. May be offered and presented at USDF Youth Regional Team Competitions. Five (5) Shining Stars will be automatically shipped to competition management with the awards. Additional Shining Stars may be requested from the office if more than five are awarded at any one competition.

The following is a list of traits the Youth Programs Committee believes define good sportsmanship. When nominating an individual for this award, these traits should be considered.

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 JUDGEMENT** 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 actions
- **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

