

# Philosophy on Competition

## **What is Competition?:**

Competition is an act, coming ultimately from a desire to succeed. People compete with their grades, in sports, for popularity, in business....and in many other areas of life. Competition is a huge part of society, and has both its good points, and negative ones to how it affects the community and individuals. How we orient ourselves towards competition decides whether or not it is healthy or unhealthy, and at Camp Augusta we strive not to eliminate competition entirely, but make sure that our campers engage in healthy competition which will ultimately lead to their growth.

### **Healthy Competition Provides:**

- The promotion of sportsmanship & teamwork
- Builds self esteem & prepares children for life
- Helps people to learn strengths & set goals
- Teaches discipline & self motivation
- Reduces anxiety & depression
- Forges friendships & builds character
- Develops problem solving & leadership skills
- Increases fitness levels & coordination

### **....and Unhealthy Competition:**

- Encourages the view of reward & punishment
- The demoralizing nature of loss
- Increases anxiety & lowers self esteem
- Winning builds up ego & encourages antisocial behavior
- Reduces other players to obstacles to be overcome
- Increases stress & lowers performance levels
- Winning is the goal, not having fun
- Leads children to envy winners & dismiss losers

In extreme cases, the nature of competition can lead to the use of cheating, drug taking and social cruelty. The latter is the most likely to occur at camp, therefore it is important that we foster healthy competition with our campers.

In all activities at camp, there is the possibility for competition. Whether this be during evening programs, regarding level bracelets, in clinics, in the dining hall, in the cabin, or just on a nature walk. Competition can crop up. The steps of success counseling and the guidance and attitude of the leader can usually manage to promote a healthy air of competition, and a disposition towards cooperation in these instances.

### **What we do at camp:**

- Limit the number of activities that have campers competing against each other
- Focus on personal development & challenge by choice
- Focus on effort, not accomplishment
- Emphasize having fun & encourage co-operation
- Level the playing field - even teams

### **What we don't do:**

- Have big rewards for winners
- Embarrass, humiliate or punish losing
- Compare campers
- Allow bad sportsmanship
- Color Wars

### **What we need to do:**

- Keep evaluating and be reflective individuals
- Educate campers about both sides of competition
- That every activity could be participated in with a healthy or unhealthy competitive attitude

Please refer to the "Camp Augusta Philosophy on Competition" document for more thorough information!