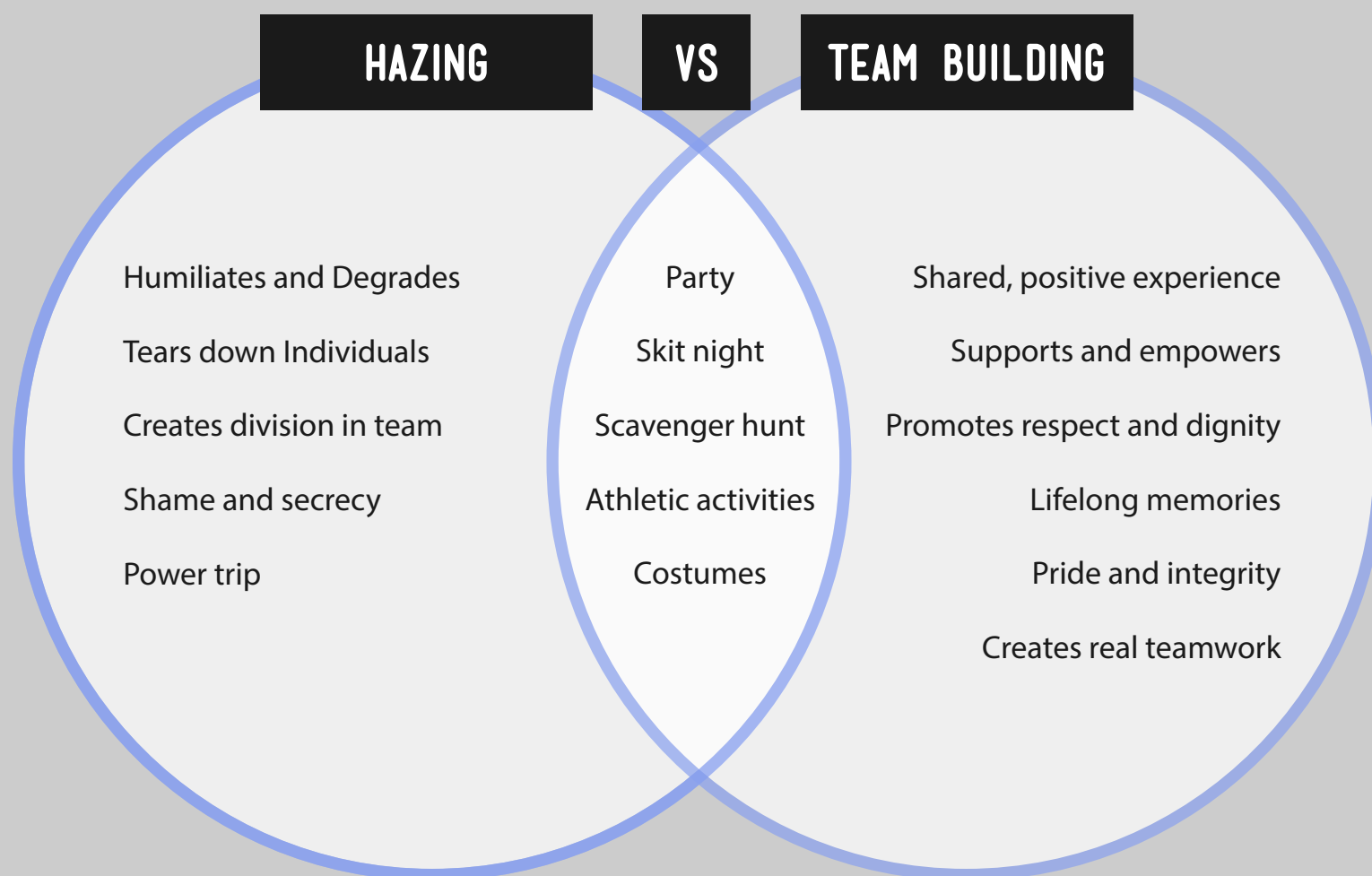


# BUILD UP YOUR TEAM



“A leader resorts to punishment because he lacks understanding of its limitations as well as the skills necessary to create motivation based on pride rather than fear.” - John Wooden



**Haz·ing. n.** - Refers to any activity that is expected or required of someone to join or maintain status within a group that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate.<sup>2</sup>

## UVA STUDENT - ATHLETES REPORT MORE POSITIVE TEAM EXPERIENCES WITHOUT HAZING

“

My team does not participate in any type of hazing and we are closer because of it.

- 3rd Year Student Athlete

”

“

Hazing tends to tear team cohesion apart, it is an unnecessary and harmful way to connect.

- 4th Year Student Athlete

”

“

I have never been hazed and my experience as a student-athlete has been welcoming, and I feel like I have had a special and unique place on my team.

- 4th Year Student Athlete

”

LEARN MORE! HOOS AGAINST HAZING: [WWW.VIRGINIA.EDU/HAZING](http://WWW.VIRGINIA.EDU/HAZING)

<sup>1</sup> Queen's Orientation Week-Anti-hazing Training 2014  
[https://prezi.com/wa679\\_cjym\\_q/anti-hazing-leader-training/](https://prezi.com/wa679_cjym_q/anti-hazing-leader-training/)  
<sup>2</sup> Allan & Madden. (2008) National Study of Student Hazing;  
<http://umaine.edu/hazingresearch>

**Reporting Hazing at UVA:** Anonymous Reporting Available at [www.virginia.edu/hazing](http://www.virginia.edu/hazing) or call the Hazing Hotline at 434-243-4293