

The Athlete's Pledge

Individual and team success in sports results from commitment. The extent to which young athletes are able to make such commitments reflects their maturity as well as their dedication to family, friends, school, and team. For these reasons, we ask you to read and agree to the following **Pledge**:

As an athlete in my school, I promise:

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
2. To maintain my health and fitness levels by following the training rules as prescribed by the Athletic Department.
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
4. To attend every practice unless excused by my coach.
5. To understand that my future as a responsible adult relates more to my academic than my athletic activities.
6. To find the time to satisfy my family relationships and responsibilities.
7. To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
8. To reflect good upbringing by expressing my feelings and ideas intelligently and appropriately.
9. To reflect my belief that true strength involves gentleness and that even the toughest athlete is sensitive to others.

I have read the above statements and promise to live up to them:

Signature _____ **Date** _____

The Parents' Pledge

Cooperation among coaches, athletes, parents, and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such cooperation. We ask that you read the following Pledge and, as needed, discuss your reactions with your child's coach. Thanks for your help.

As the parent of an athlete in this school, I promise:

1. To attend the orientation pre-season meeting offered by the athletic department.
2. To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he or she is in high school.
3. To assure that my child will attend all scheduled practices and athletic contests.
4. To require my child to abide by the athletic department's training rules.
5. To acknowledge the ultimate authority of the coach to determine strategy and player selection.
6. To promote mature behavior from students and parents during athletic contest.
7. To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
8. To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in school and in college.

Parent/Guardian Signature _____ **Date** _____

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