

## THE SDSC 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 dedication to family, friends, school, and team. Your coach already has made a similar kind of commitment. Coach asks you to read and agree to the following pledge:

As an athlete in my school/team, I promise

- 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.
- To maintain my health and fitness levels by following the training rules as prescribed by athletic department.
- To maintain athletic discipline throughout the training year and not commit any offense such as smoking, fighting, being late for school, possession of illegal items, gangster activities, or other related matter which will result to instant expel from school team and SprintDynamic team. (Subject to individual case.)
- To reflect the knowledge that a commitment to victory is nothing without commitment to hard work in practice.
- To attend every practice unless excused by coaches, teachers or parents.
- To understand that my future as a responsible adult relate more to my academic then my athletic activities.
- To find time to satisfy my family relationship and responsibilities.
- To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- To reflect good breeding by expressing my feelings and ideas intelligently and appropriately.
- To reflect my belief that true strength involves gentleness and that even toughest athlete is sensitive to others.
- To abide by coach discipline guidelines mentioned above and failing to do so will result in suspension of training, demerit of training bursary or color awards.
- To ensure that I take responsibilities of my health when I attend training session or competition
- To maintain individual safety during training practice, and report any form of discomfort before and during each training practice.

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

Athlete's Name: \_\_\_\_\_

IC number: \_\_\_\_\_

(Signature): \_\_\_\_\_

Date: \_\_\_\_\_

Parents Consent

Appointed Coach Name:

Athlete Parent's name: \_\_\_\_\_

Contact Number:

Contact Number: \_\_\_\_\_

(Signature): \_\_\_\_\_

Date: \_\_\_\_\_