



Athlete Off-Season Pledge

Please read, initial each item, sign and return to the coach or appropriate official.

I pledge to continue to make myself better:

I will stay smart and fit.

_____ I understand that I am a student-athlete, and it is my responsibility to keep my academics up, as it is a privilege to compete for my school.

_____ I will attend my classes, participate, and show effort with academics as a priority in my life.

_____ I will continue to maintain a healthy lifestyle of diet and exercise.

_____ I will stay active and train in the off-season (i.e. lifting, agility training, etc.)

I pledge to continue to make my teammates and classmates better:

I will stay involved.

_____ I will continue to be involved in my school and/or my community (another sport, club or academic-based endeavor).

_____ I will do my best to support my fellow student-athletes by attending their events and positively encouraging them in the stands.

I pledge to continue to make my school community better:

I will act with integrity

_____ I will keep myself engaged in worthwhile activities.

_____ I will represent my school and community with integrity.

ATHLETE'S SIGNATURE

COACH'S SIGNATURE



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