

Parent/Caregiver Pledge

Our organization is committed to creating a positive sport experience for our athletes where they will learn and develop new skills on and off the field, grow as competitors, and have fun. As an integral part of creating this positive sport experience, we ask that all parents/caregivers read, sign, and return this form to your athlete's coach or any appropriate representative of our organization.

**Initial Each
Line Below:**

I commit to supporting my athlete's coach in developing life skills and leaving the goal of winning to players and coaches.

I will use positive encouragement to uplift my athlete, their teammates, and coaches.

I will reinforce a mastery definition of success by:

- Encouraging my athlete to exert maximum effort
- Helping my athlete learn through sports
- Urging my athlete to view mistakes as learning opportunities

I will set an example for my athlete by treating all aspects of the game with dignity. If I disagree with an official's call, I'll acknowledge their humanity and stay silent.

I will use a Self-Control Routine to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ("I need to be a role model. I can rise above this.")

I will refrain from negative comments about my athlete's coach in my child's presence so that I do not negatively influence my child's motivation and overall experience.

I will be as prompt as possible dropping my athlete off and picking my child up from practices and games.

I will engage in No-Directions Cheering, limiting my comments during the game to encouraging my child and other players (from both teams).

PRINT ATHLETE'S NAME

PARENT/CAREGIVER SIGNATURE

