



# TOP 3 TIPS FOR ATHLETES

By R. E. Martin

## Sports... part of a lifetime journey

*Bonds forged in competition and the exhilaration of winning both play a big role in the enjoyment of sports. However, the pursuit of happiness in life also involves the creation of new friendships and pursuing life's challenges outside of sports.*

**Never quit on yourself!**

**#3 It Starts with Good Sportsmanship & You**  
*Keep the laughter in your game and their game too*

**#2 Believe In and Like Who You Really Are**  
*Competition is what we do, it does not define who you are*

**#1 Talk to Those You Trust**  
*If it feels like the deck is stacked against you, adopt new rules*

**Life is comprised of more than past scores on a scoreboard**

**EMERGENCY**

In a crisis, call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

**SEXUAL MISCONDUCT**

To speak to a counselor,

Call (800) 656-4673

RAINN

**BULLYING/HAZING**

For helpful resources,

visit [stopbullying.gov](http://stopbullying.gov)

or [stompoutbullying.org](http://stompoutbullying.org)

**CHILD ABUSE**

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).



# Positive Advocate Team Pledge

TELL THEM HOW MUCH WE ALL LOVE WATCHING THEM PLAY!

**INSTRUCTIONS:** This pledge represents a commitment to your team. Each coach should initial and sign the pledge, then distribute two copies (to athlete/parent(s) or guardian. Discuss and have both copies signed at a team meeting. After signing the coach retains one copy and the other copy is given to athlete/parent(s) or guardian.

NAME OF TEAM: \_\_\_\_\_ NAME OF ATHLETE: \_\_\_\_\_ DATE: \_\_\_\_\_

We hereby jointly pledge to conduct ourselves in a civil manner and not engage in negative, harmful, abusive behaviors. Together, we agree to strive to contribute to positive, safe experiences for all - including opposing teams participating athletes, coaches, parents and officials.

Initial Boxes

**Coaches:**

- The coaching staff will be held accountable for the same standard of good conduct as our parents, athletes and fans.
- We commit to our team (parents and players) and organization to treat our athletes as people first and foremost.
- We will continuously strive to improve our knowledge of our sport and impart that knowledge on our athletes.
- We will make our very best effort to conduct regular, well organized practices and extend to each athlete an opportunity to earn fair playing time.

**Athlete:**

- I will give my best effort to learn my sport, play and develop my skills to the best of my ability.
- I will support my teammates and respect my coaches, parents, officials, other teams and attendees.
- I will refrain from making negative social media posts and/or negative online exchanges - as well as to advise and discourage family members, friends, and guests to do the same.
- I promise not to engage in substance abuse and will strive to conduct myself to a high moral standard.

**Parent(s) or Guardian:** (If Athlete is under 18 years of age):

- I/we agree not to, uninvited, instruct my athlete's, or other participating athletes' performance.
- I/we agree to strive to ensure that relatives (including grandparents) and/or other guests in attendance are made aware of our team's code of civil conduct.
- I/we will not verbally engage in any "on the fence", "from the stands" or "sideline" coaching and/or harassment, of other event participants on or off the playing field/court/rink.
- I/we will strive to be supportive and not overly critical or verbally abusive of my child's performance.
- I agree that disagreements/conflicts will be conducted privately and civilly — away from public attention.
- I/WE STRONGLY COMMIT NOT TO HARASS OR SAY OUT LOUD NEGATIVE COMMENTS DIRECTED TOWARD OFFICIALS. I ACKNOWLEDGE THAT AMATEUR OFFICIALS SHOULD NOT BE HELD TO THE SAME STANDARD AS PROFESSIONAL OFFICIALS; AND THAT THEY SHOULD BE TREATED WITH UTMOST CIVILITY AND RESPECT AT ALL TIMES.

**Signature(s):**

Coaches

Athlete

Parent(s) or Guardian