



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

or 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