

## II. EARLY-SEASON PLEDGE

To locate and vet counselors, scan the QR code or use the link below.

<https://thebmsproject.org/mental-health-directory>



# 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. So, too, the pursuit of happiness in life outside of sports involves the creation of new friendships and pursuing life's challenges.*

**Never quit on yourself!**

### #3 It Starts with Good Sportsmanship & You

*Keep the enjoyment in the game for you, your coaches, parents, fans, opponents and officials*

### #2 Believe In and Like Who You Really Are

*Coaches, parents, fans and officials should also let you know how much they really enjoy watching you play*

### #1 Talk to Those You Trust

*We all need to talk to each other -- the game belongs to you, but everyone has a stake in your safety and well-being!*

**Life is comprised of more than 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, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE SIGNS

For helpful resources,

[thebmsproject.org/Safety](https://thebmsproject.org/Safety)

#### 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).



TEAM PLEDGE

EARLY-SEASON TEAM PLEDGE

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