

# **THE ATHLETE'S PLEDGE**

## **As an athlete at S. S. Seward Institute**

**I promise to:**

- Understand that academics take priority over athletics.*
- Represent my school, my coaches, my teammates and myself in a manner which is appropriate and just.*
- Maintain a healthy and competitive approach to athletics.*
- Accept responsibility for my actions both on the playing field and in the classroom.*
- Lead by example in the areas of self-respect and respect for others.*
- Compete to the best of my abilities.*
- Refrain from the use of prohibited substances such as steroids, drugs, alcohol, and tobacco products.*
- Refrain from the use of vulgar or profane language at all school sanctioned events / activities.*
- Demonstrate good sportsmanship and fair play at all times*
- Take responsibility for all personal belongings by securing these items in assigned school and athletic lockers or by taking items that do not fit into lockers with me to practice sites.*

**Signature:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**Sport:** \_\_\_\_\_ **Date:** \_\_\_\_\_