



Our Pledge For a Winning Team!

We commit to have

1. Respectful Attitude

Our Team shows respect for each other

As ***Coaches***, we respect each other, the parents and the players. We will do our best to build a team spirit of excellence, integrity and fun as we develop our players into excellent athletes and citizens with strength of character.

As ***Players***, we respect our coaches, our parents and our teammates. We are thankful for our coaches and our parents who sacrifice their time and resources for us to be able to play. We are thankful for our health and the ability to play. Our respect shows an "attitude of gratitude." We also respect our opponents.

As ***Parents***, we respect and are grateful for our coaches and we will support them as they train and inspire our children to strive for excellence in athletics, citizenship and in strength of character. We will praise and encourage our children for doing their best and for playing fairly, and we will never criticize them for making a mistake. We will abide by the official's decisions and will not question them in public.

Our Team uses "**The Golden Rule**" as a guideline for our attitudes, words and actions:

The Golden Rule
Do Unto Others As You Would
Have Them Do Unto You."

2. Respectful Words

Our respectful attitude helps us use respectful words

- 1** We use kind words that build our team up—not cursing, rude or disrespectful words that tear others down.
- 2** We encourage our teammates—during and after the game.
- 3** We remember to be respectful by saying "please" and "thank you" and "excuse me".
- 4** We apologize if we hurt or offend someone on our team or the other team.
- 5** We won't complain when asked to do tough drills.
- 6** We won't talk back or curse when we disagree with a decision by the referee.
- 7** We don't put down the other team.
- 8** We celebrate our victories, but we don't celebrate our opponent's defeat.

3. Respectful Actions

The Golden Rule will guide our actions in the game

- 1** We arrive at practices and games early, with a positive attitude, prepared to work hard and to do our best, be a team player and have fun!
- 2** We listen attentively and obey our coaches quickly and with a good attitude.
- 3** We play fairly by the rules.
- 4** We will have self control of our words and actions before, during and after the game. We control our temper.
- 5** At the end of the game, we thank the referee and we thank the other team for the game - by looking them in the eyes when we give them a handshake and say, "Good Game" or "Thanks for the game."
- 6** We thank our coaches and parents at the end of each game.
- 7** We do our best and work as a team to win. We celebrate our victories as a team, and learn together from our losses.
- 8** We respect our bodies and will keep our mind and body in excellent physical condition. We will train hard, eat healthy food and get sufficient rest.
- 9** We will not harm our bodies by taking cigarettes, drugs or alcohol nor weaken our mind by inappropriate movies or magazines.
- 10** We are proud of our team, and will represent the team with pride and integrity. As athletes, we realize we are role models for younger children in our community, so we will be good examples of a good sportsman and good citizens—both during the game and after the game.