



MY PERSONAL COMMITMENT

I, _____ accept the challenge to dedicate myself to the following commitments:

- ❖ I am willing to forego temporary pleasure for the pursuit of happiness and to strive for excellence in my goal seeking efforts.
- ❖ I am willing to discipline myself to reach the long range goals I have set for myself.
- ❖ I recognize that to reach my goals I must grow personally and have the right mental attitude.
- ❖ I will utilize my time more effectively realizing that the mental improvement has as much to do with overall success as does physical improvement.
- ❖ Persistence and commitment are prerequisite to reaching any goal so I promise myself that I will be ferociously persistent to obtain my goals.
- ❖ I will continue to work for the betterment of the team and myself.
- ❖ I will make a positive contribution to everything that I do, and will endeavor to make my enthusiasm carry over to my teammates.

As an athlete, I agree to abide by all rules regarding the use of drugs. I understand that drug addiction is a disease and, even though it may be treatable, it has serious physical and emotional effects – effects that would hurt my family, my team, my school, and me. Given the serious dangers of drug use, I accept and pledge to follow all rules and laws established by my school, team, and community regarding the use of drugs. These include the rules listed in my school's student and athletic handbooks, and any other rules established by my coach.

To demonstrate my support:

I will support my fellow students by setting an example and abstaining from the use of illegal drugs.

I will avoid enabling any of my fellow students or teammates that use these substances. I will not cover up or lie for them if any rules are broken. I will hold my fellow students and teammates fully responsible and accountable for their actions.

I will seek information and assistance in dealing with my own or other student's problems relating to drugs.

I will be honest and open with my parents or guardians about my feelings and problems.

I will be honest and open with my coach and other school or community personnel.

Student: _____

Date: _____

As the parent or guardian I pledge to help my student/athlete fulfill the commitments that he has pledged. I understand that it does take a community to bring up a child and will help fully to do my part (which is the biggest part) to help this student athlete become successful in his athletic and academic endeavors.

Parent / guardian: _____

Date: _____