

## Sacred Heart School Athletics Player Pledge

- I will give my best effort in every practice and game. As long as we, as a team, give our best effort we can always be proud of ourselves.
- I will continue to learn and improve every time I come out to practice or game. If I get better than when I started then I am a winner.
- Mistakes are part of learning, you can't learn without making mistakes. If I make a mistake I will move on and learn from it. I will also encourage my teammates and opponents.
- Rules keep the game fair. I will always play by the rules.
- I promise I will respect our opponents. Without opponents we would not have a game or the ability to improve ourselves.
- I will respect the officials and all the calls they make even if I don't agree.
- I will respect my teammates and coaches. I will treat them as I would like them to treat me. I will encourage and support them on and off the playing field. Being of a team is an important life lesson about learning to work together towards a common goal.

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Athlete's Signature, Date

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Parent's Signature, Date