

The Redwood Day School Student-Athlete Pledge

Individual and team success in sports results from commitment and self-discipline. We have high expectations of our student-athletes and expect them to be role models and leaders within Redwood Day School and our community at-large. To be a part of a team sport at Redwood Day School we ask you to read and agree to the following Pledge:

As an athlete at my school, I promise:

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations, and reflecting my team's values of respect, commitment, and hard work.
2. To maintain my health and fitness levels by following training rules prescribed by my coach.
3. To reflect the knowledge that a commitment to victory is nothing without a commitment to hard work and practice.
4. To attend every practice and game unless excused by my coach.
5. To find time to satisfy my family relationships and academic responsibilities.
6. To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction and mutual respect.
7. To embody good sportsmanship and treat my opponents with the utmost respect and kindness

I have read the above statements and promise to live by them:

Signature: _____

Date: _____