**Positive Coaching Alliance Athlete Pledge for the Athlete**

Please read, sign, and return to the coach or appropriate official.

1. Making Myself Better

* I understand that officials can make mistakes. If a “bad” call is made against my team, I will Honor the Game and remain silent!
* I will give maximum effort in workouts, practices, and competitions.
* I will have a teachable sprit. I will accept feedback so I can learn and get better.
* I will work hard on my mental game, and I will use a variety of tools such as visualization, positive self-talk, and mistake rituals to allow me to move past failures quickly and refocus on the next play.

1. Making My Teammates Better

* I will look for leadership opportunities to help my team achieve its goals.
* I will be a positive teammate. I will support my teammates by building them up. When I do criticize, I will do it constructively and at the right time in the right way.
* I will be a team player who helps build strong team chemistry. My first priority will be team success, and I will adjust and accept my role to help the team.

1. Making the Game Better

* I will honor the game by respecting the rules, opponents, officials, teammates, and myself.
* I will use my status and influence as an athlete to improve my school community.

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Print Athlete’s Name Athlete’s Signature

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Date

For more from Positive Coaching Alliance, visit www.positivecoach.org

**Positive Coaching Alliance Parent Pledge**

Please read, sign, and return to the coach or appropriate official.

1. As a Second-Goal Parent I will let players and coaches take responsibility for the first goal of winning. I will relentlessly focus on the second, more important, goal of using sports to teach life lessons to my child and other youth.
2. I will use positive encouragement to fill the Emotional Tanks of my children, their teammates, and coaches. I understand that people do their best with full E-Tanks.
3. I will reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning, M for bouncing back from mistakes). Because I understand a mastery approach will help my child be successful in sports and in life, I will encourage my child to

* put in a high level of effort to get better,
* cultivate a Teachable Spirit to continue to learn and improve,
* use a Mistake Ritual (e.g., “flushing mistakes”) to quickly rebound from mistakes.

1. I will set an example for my child by Honoring the Game and will encourage him/her to remember ROOTS – respect for the Rules, Opponents, Officials, Teammates, and Self. If the official makes a “bad” call against my team, I will Honor the Game and be silent!
2. I will use a self-control routine to avoid losing my composure when things go wrong. I will take a deep breath, turn away from the game to refocus, counts backwards from 100 or use self-talk (“I need to be a role model. I can rise above this.”).
3. I will engage in No-Directions Cheering. I will limit my comments during the game to encouraging my child and other players (from both teams).
4. I will get my child to practice and games on time and will be on time picking my child up after games and practices.
5. I will refrain from making negative comments about my child’s coach in my child’s presence. I understand that this will help to avoid planting negative seeds in my child’s head that can negatively influence my child’s motivation and overall experience.

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Print Athlete’s Name Parent’s Signature

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Date

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