

Student Athlete's Pledge

As an athlete, I agree to abide by all rules regarding the use of drugs. Drugs may include alcohol, tobacco products, marijuana, prescription medication, cocaine, or ecstasy just to name a few.

As an athlete, I have a commitment to myself and my teammates. They count on me to do my very best and in order for me to do my best I will follow these affirmations:

- I am smart and in control of my life and drugs are a bad choice.
- I will honor my body and mind and keep them healthy and strong by not doing drugs.
- I will be in charge of my own body and mind and will not let others influence me. I will assist when I can to help my teammates also be drug-free.
- I will be a role model to others and as a friend, I will not offer drugs to others.
- Drugs destroy a person's potential and I will not allow drugs to negatively impact my athletic or academic performance.
- It is okay to ask for help if I feel I need help to say no to drugs.

I agree to be drug – free during this athletic season.

Student athlete signature

Date

Coach's Pledge

As a coach, I agree to abide by the organization's rules regarding the use of drugs. I pledge to assist my team members in playing drug-free this season. I understand I am not responsible to know all the answers.

To demonstrate my support, I pledge to:

- Discuss with my athletes the impact of drugs on athletic performance.
- Enforce rules consistently when I learn a drug infraction has occurred.
- Avoid enabling my athletes' drug use or other unhealthy habits by ignoring or refusing to deal with that athlete who has broken a rule.
- Share resources with parents of my athletes experiencing difficulty with or having concerns about a drug use problem.
- Be a good role model on and off the court/field.
- To be involved with my athletes so I can affirm their good qualities.
- Keep information confidential unless the information might hurt someone and/or falls within mandatory reporting laws.

Coach Signature

Date