

# Triple-Impact Competitor® Pledge



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

*I pledge always to strive to make **myself** better.*

Winners are people who give maximum effort, continue to learn and improve and do not let mistakes, or fear of mistakes, stop them.

\_\_\_\_\_ I will learn by watching others, asking questions and getting coaching.

\_\_\_\_\_ I will strive to meet not only my outcome goals, but my stretch and effort goals as well.

\_\_\_\_\_ I will develop and use a mistake ritual that will help me to overcome mistakes.

*I pledge to make my **teammates** better.*

I understand that my teammates will do their best when their "Emotional Tanks" are full.

\_\_\_\_\_ I will focus my efforts on the team and how I can best support my teammates.

\_\_\_\_\_ I will strive to be the best teammate I can be.

*I will fill my teammates' **emotional tank**.*

\_\_\_\_\_ I will give five positive statements for every one tank drainer that may occur.

\_\_\_\_\_ I will be truthful and specific in my statements to make sure that I am contributing fully to my teammates' emotional state.

*I pledge to make the **game** better.*

I understand the importance of setting a good example for my teammates.

\_\_\_\_\_ No matter what others do, I will show Respect for the **R**ules, my **O**pponents, the **O**fficials, my **T**eammates, and my **S**elf.

\_\_\_\_\_ I will develop my own "honoring the game" routine, such as shaking the official's hand before and after every game.

\_\_\_\_\_ I pledge that my words, actions and attitude both on an off the playing field will reflect my commitment to always **Honor the Game**.

\_\_\_\_\_  
ATHLETE'S SIGNATURE

\_\_\_\_\_  
COACH'S SIGNATURE

For more from Positive Coaching Alliance, visit [www.positivecoach.org](http://www.positivecoach.org).