



BETTER ATHLETES
BETTER PEOPLE

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 and off the playing field will reflect my commitment to always **Honor the Game**.

ATHLETE'S SIGNATURE

COACH'S SIGNATURE

For more Resources, visit: www.PCDevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org