



## **Born Stars Athlete Pledge**

### ***Respect***

I will treat coaches, teammates, opponents, and myself with respect. I will listen, learn, and take care of the facilities I train in at all times.

### ***Effort***

I will show up on time, work hard, stay focused, and give my best every day—especially when it gets tough.

### ***Sportsmanship***

I will compete with class. No trash talk, no negativity. Win with humility and lose with dignity.

### ***Accountability***

I will own my actions, communicate clearly, accept feedback, and take responsibility for my growth.

### ***Discipline***

I understand there is no bullying, harassment, or unsafe behavior. I will represent myself positively at home, at school, online, and in my community.

### ***Mental & Emotional Health***

I understand that not every day will be a good day—and that's okay. I will speak up, share my emotions respectfully, and ask for help when needed. I will take care of my mind the same way I take care of my

body.

### ***Leadership***

I will lead by example—through my actions, attitude, and effort. I will lift others up, set the standard, and be someone my teammates can count on.

**Athlete Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_