

Royal Requirement

THE ATHLETE'S PLEDGE

As an athlete at Hollins High School

I promise to:

- Prioritize academics over athletics by working as hard in the classroom as in the competitive arena
- Represent my school, my coaches, my teammates and family and myself with the highest degree of honor and integrity
- Maintain a positive attitude, maximize my effort in practice and in the game always putting my team ahead of personal accolades
- Accept responsibility for my actions both on the playing field and in the classroom
- Be a leader on and off the field in my words, actions and deeds
- Compete to the best of my abilities
- Refrain from using, distributing or partaking in any illicit drugs, alcohol, tobacco products, vaping or using performance enhancing drugs such as steroids
- Refrain from the use of vulgar profane language during school, practice or any situation where I am representing my school, family and community
- Always demonstrate the highest degree of sportsmanship and fair play . This includes never retaliating against an opposing player, fan or game official
- Take responsibility for all personal belongings including team and school uniforms and equipment.

Athlete's Name (Print) _____

Athlete's Signature _____

Sport: _____

Date: _____