



## ATHLETE'S COMMITMENT TO EXCELLENCE



- ◆ I desire to be successful. I want to be a winner.
- ◆ I will always do my best and constantly strive to improve.
- ◆ I will put out the extra effort that it takes to get the job done.
- ◆ I will be a positive contribution to my team.
- ◆ I will give 100% to be in good physical condition.
- ◆ I will not make excuses.
- ◆ **I will fulfill my commitment to the team and not quit.** (Quitting includes but not limited to: Parent pulls athlete off the team for academic reasons or Coach dismisses athlete from the team)
- ◆ I will take pride in my performance. I will do things right.
- ◆ I will compliment and give encouragement to my teammates.
- ◆ I will have enthusiasm. I will be mentally ready to play.
- ◆ I will control my emotions and maintain good judgment.
- ◆ I will respect rules and judgments made by my coach.
- ◆ I will listen to advice and be coachable.
- ◆ I will play for the benefit of the team.
- ◆ I will pray for my team and coach.
- ◆ I will ask the Lord to give me a humble spirit.
- ◆ I will do my best to maintain a Christian witness on and off the playing field.
- ◆ I will conduct myself in a manner that will bring honor to the Lord and pride to Evangelical Christian School

I have read the Evangelical Christian School Student Athlete Manual in its entirety.  
I thoroughly understand the philosophy of athletics and will abide by the school's policies.

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Athlete's Signature

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Date

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Athlete's Printed Name