

The Cougar Commitment

This must be signed by both the parent/guardian and student-athlete.

1. I promise to respect all people at all times.
2. I promise to work hard and be willing to sacrifice personal glory for the welfare of the team.
3. I promise to represent Cougars Lacrosse with pride, honor, and integrity at all times.
4. I promise not to use drugs, alcohol, or smoke/chew tobacco so I can reach my full potential.
5. I promise to be a positive role model around my peers.
6. I promise to give my best effort and attitude both in the classroom and on the field.
7. I promise to act and play like a winner regardless of the outcome.

I agree to keep my promises at all times and I realize that if I choose to break any of these promises, it may result in no longer having the privilege of being a Cougar Lacrosse team member.

Student-Athlete Signature

Date

I support my student-athlete and agree to hold him responsible for keeping his promises. I realize that in keeping these promises, he will be a better student-athlete and a better person. If my student-athlete chooses to break his promise, I realize he may lose the privilege of being a Cougar team member. I agree to support any disciplinary action required by the coaches as a result of any infringement of team rules. ***I also agree to support my student-athlete by promising to act with honor, dignity, and good sportsmanship at all Cougar events.***

Parent/Guardian Signature

Date