

# **SFX ATHLETIC PARENT/ ATHLETE PLEDGE, HANDBOOK ACKNOWLEDGEMENT, & WAIVER AND RELEASE FORM**

## **PARENT PLEDGE**

### **Please read and sign below.**

- 1.** I pledge to “Honor the Game.” I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a call against my team that I don’t agree with, I will Honor the Game and not involve myself.
- 2.** One Voice (the Coach’s): I pledge to refrain from calling out instructions to my child. I understand that this is the coach’s job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates and coaches. I will limit my comments during the game to encouraging my child and other players for both teams.
- 3.** I pledge to reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning and M for bouncing back from Mistakes). Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self.
- 4.** I pledge to use positive encouragement because athletes do their best with positive reinforcement. I understand that fewer than 1% of youth sports participants receive college scholarships and that the top three reasons kids play sports are a) to have fun, b) to make new friends, and c) to learn new skills. I understand that the game is for the players, and I will keep sports in the proper perspective.
- 5.** I pledge to get my child to practice and games on time. I understand that it can be embarrassing for my child to be late and that I may be putting him/her at risk by not providing adequate time for warm up. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority.
- 6.** I pledge to refrain from making negative comments about my child’s coach in my child’s presence. I understand that this plants a negative seed in my child’s head that can negatively influence my child’s motivation and overall experience.

**I will honor the SFX Athletic Parent Pledge in my words and actions.**

## **ATHLETE PLEDGE**

### **Please read and sign below.**

### **Signature required for each athlete in your family competing in SFX athletics.**

- 1.** I will adhere to the St. Francis Xavier School Parent-Student Handbook, including the School Discipline Code and the Technology Acceptable Use Policy.
- 2.** I understand that it is a privilege to represent my school and proper behavior is required in class, practice, and athletic contests.
- 3.** I understand that commitment to practice and games is required and I will always be present and prepared on time. Athletes should communicate any scheduling conflicts with the coaches.

4. I understand that good sportsmanship is a must and I will abide by the rules of the game. As a member of the team, I will be courteous, respectful, and practice good sportsmanship to teammates, opponents, coaches, and officials. Criticizing, blaming or disputing with my teammates, opponents, coaches, or officials will not be tolerated.

5. I will use appropriate language at all times.

6. I will be respectful of the other schools' staff members and facilities; this is proper behavior as a representative of my school.

7. I understand that all team members are required to support their team during contests. I will put the team goals before individual goals. I will win or lose with honor knowing that the true nature of competition is evaluated by effort and teamwork.

**I will honor the SFX Athlete Pledge in my words and actions.**

**STUDENT-ATHLETE & PARENT HANDBOOK ACKNOWLEDGEMENT**

We have read and understand the St. Francis Xavier Athletic Program Student-Athlete & Parent Handbook, paying special attention to the team evaluation process, Decorum Policy, including the 24-hour rule, and the Uniform Return Policy. ***Our signatures below confirm we have read and understand the contents of the handbook and signify our agreement to be bound by these requirements.***

**WAIVER AND RELEASE OF ALL CLAIMS**

**FOR PARTICIPATION IN ATHLETIC PROGRAMS**

Please read this information carefully and be aware that by signing this form you will be waiving and releasing all claims for injuries your student might sustain arising from these programs. We hereby certify that the above-named student(s) has/have my/our permission to participate in all activities of the St. Francis Xavier athletic program. I/We hereby, for ourselves, and on behalf of our heirs, executors, administrators and assigns, waive, release and discharge the Catholic Bishop of Chicago, St. Francis Xavier Parish, St. Francis Xavier School, employees, coaches, volunteers and any other persons connected with the athletic program from any responsibility or liability whatsoever for any losses, injury, death or other damage sustained in any activity during or surrounding the athletic program. I/We are signing this waiver of liability of our own free will.

**I/WE HAVE READ AND FULLY UNDERSTAND THE NATURE OF THE ABOVE PROGRAMS AND WAIVER AND RELEASE OF ALL CLAIMS.**

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student

\_\_\_\_\_  
Student

\_\_\_\_\_  
Student

\_\_\_\_\_  
Student