

# Youth Sports Athlete Pledge

The National Youth Sports Health & Safety Institute would like all kids to have the opportunity to develop as capable and confident young athletes at any level of athletic success in a way that will help them to be good citizens of the game and community, healthy and fit, and performing well in all parts of life. Kids, putting forth effort to fulfill these 10 elements of commitment will help you receive an enjoyable youth sports experience.

1. I choose to have fun.
2. I will get along with my teammates and make new friends.
3. I will listen to my coach and trainer and always do my best.
4. I will work hard to improve my skills.
5. I will remain physically active even when not in my playing season.
6. I will try several sports to find my favorites.
7. I will thank my coach and trainer for helping me be the best athlete I can be.
8. I will thank my parent(s)/guardian(s) for supporting me by signing me up to play and providing the necessary equipment and transportation.
9. I will invite a friend to play with me and/or attend tryouts.
10. I will be a great TEAMMATE!

**YES, I commit to making my sports experience Healthy and Enjoyable!**

Name \_\_\_\_\_

Signature \_\_\_\_\_



**National Youth Sports  
Health & Safety Institute**

AMERICAN COLLEGE  
of SPORTS MEDICINE

SANFORD

The **National Youth Sports Health & Safety Institute** will be the recognized leader and advocate for advancing and disseminating the latest research and evidence-based education, recommendations and policy to enhance the experience, development, health and safety of our youth in sports.

[www.nyshsi.org](http://www.nyshsi.org)

**Making Youth Sports a Public Health SOLUTION<sup>SM</sup>**

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