

I am an **ATHLETE**

**I** promise

**P**...to play by the Rules.

**R**...to respect; myself, my coach, other teams and event officials.

**O**...to optimize my experience by meeting athletes from other gyms.

**M**...to make pursuit of victory more important than winning.

**I**... to interact, in person and on the internet, with integrity.

**S**...to see the big picture and exercise self control in adverse circumstances.

**E**...to exemplify sportsmanlike conduct.

# I am an ATHLETE



# I promise

# P

**...to play by the Rules.**

I will learn and obey the rules of my sport and train to perform routines within those guidelines.

**...to respect; myself, my coach, other teams and event officials.**

I will treat all other teams, and team members, with the utmost respect in every possible circumstance. I will respect myself enough to agree to train and compete with my safety and the safety of my teammates as first priority. I will behave within every Event's code of conduct, recognizing the authority of event officials and workers in every possible circumstance. I will appreciate honest efforts that are made fairly in the quest of victory.

# T

# O

**... to optimize my experience by meeting athletes from other gyms.**

I understand that allstar cheerleading is the great opportunity to travel, meet athletes from other gyms, and learn to respect my competitors.

# M

**...to make pursuit of victory more important than winning.**

I understand that winning isn't everything, but rather my will to train to win that matters most. While victory shall be my expected goal, defeat is not a disgrace.

# L

**... to interact, in person and on the internet, with integrity.**

I will not comment negatively about my opponents on any form of social media: facebook, youtube, message boards, etc. I understand that doing so reflects poorly upon the image of my sport, my program, and myself.

# S

**...to see the big picture & exercise self control in adverse circumstances.**

I will increase focus and intensity at practice rather than retaliate or blame others. I understand that I am responsible for my behavior, and I will not allow profanity, anger or disrespect to be a part of any of my interactions. I will not allow the prospect of defeat to be an excuse for unethical or unsportsmanlike behavior.

# E

**...to exemplify sportsmanlike conduct.**

I will be a positive role model on my team and within my community. I understand that I am a leader and that every choice I make affects those who follow me. I will uphold the promise to the best of my abilities, and always work to improve myself, my team, and my sport.