



## Oath of an Athlete

I promise to have a positive attitude concerning training and athletics. When I do not achieve my goals I will respond with positive, constructive acts and words, and I will embrace the fact that I can run because it is my God-given ability. I will appreciate and respect the support and coaching that I receive from the Coaches, Parents and Athletes. If I do not achieve my goals, I will not focus on excuses or explanations. Instead, I will focus on learning, controlling what is within my power to control, and on moving forward and seeing every experience as an opportunity to grow as an athlete and as a human being. I will train my emotions to obey my good intentions, what is right and just, and my worthy and honorable goals. I will be a great teammate. I will be the first to start working and the last to stop. I will encourage others. I will serve others by sharing with them my talents, my gifts, my abilities, and the experience and wisdom that I have been blessed to receive. I will train and compete as a child of God.

Athlete's Name: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Date: \_\_\_\_\_