

Please print your name: _____

ATHLETE COMMITTED: Summary of Code

Your participation in Pleasant Valley High School's athletic program should be a great educational and athletic experience. At the beginning of a new season, it is helpful for you, your coach and your parents/guardians to have an understanding of each other's expectations. This partnership will increase the likelihood of a successful season, no matter what the final win/loss record of your team is.

I understand that as a member of the Pleasant Valley athletic program, I uphold a responsibility to myself, my team, my school and my community to demonstrate outstanding character at all times. I play a vital role in the success of the Athlete COMMITTED Program. Recognizing this role, I therefore commit to the following as a member of the Pleasant Valley High School Athlete Program:

- I will be a positive role model. I will model the highest standards of character.
- I will gain an understanding and appreciation for the rules of the sport and play by those rules at all times.
- I will go above and beyond what the coach expects in terms of physical and/or mental conditioning.
- I will participate in every game/match fully - giving 100% of my ability, effort and enthusiasm.
- I will train, refuel, rehydrate and rest. These factors will contribute to my athletic success and my health.
- I realize that my actions affect my athletic performance, my personal goals and my future.
- I will not drink alcohol or use any other drugs. I know that this commitment will not only help me reach my athletic goals, it will help shape my future.
- I will not be around young people who are drinking alcohol or using any other drugs. I know that this commitment will send a strong message that I do not support the use of alcohol or drugs.
- I will stand up for my beliefs and stand up for others.
- I will do my best to make sure that no one on my campus is bullied, harassed or made fun of. We are all on the same team and I will do my part to eliminate bullying and harassment. Everyone deserves to feel safe at school.
- **I will encourage my teammates to perform their very best and to take pride every performance.**
- **I AM AN ATHLETE COMMITTED!**

I have read and understand the CUSD Student Code of Conduct for co-curricular activities and recognize that a violation of Chico Unified School District Administrative Procedure 5005.1 will result in the consequences as stated (please refer to the full code).

By signing this document I _____ (parent/guardian), indicate that I have knowledge, understanding and agreement to these standards set forth, in order for

_____ (my son/daughter) to be afforded the privilege of representing _____ High School as a student. I am also aware that any violation on the part of my child, to any of these standards, shall result in consequences contained within this policy.

Signature of Parent or Guardian

Date

Signature of Student

Date

Yes, I would like to receive additional information by e-mail on Athlete Committed during my child's athletic season and school year.

Parent/Guardian e-mail address: _____

ATHLETE COMMITTED

Athlete Goal

My Individual Goal for this upcoming season is:

My Team Goal for this upcoming season is:

Athlete Goal

Name: _____

Team: _____

My Individual Goal for this upcoming season is:

My Team Goal for this upcoming season is: