

AS A **WATCHDOG ATHLETE** - I PROMISE

P - TO *PLAY* BY THE RULES.

I will learn to follow the Watchdog Track & Field rules and train to the best of my ability.

R - TO *RESPECT* MY COACHES, TEAMMATES, OPPONENTS, AND EVENT OFFICIALS.

I will treat all other teams and team members with the utmost respect in every possible circumstance. I will recognize the authority of event officials and workers in every possible circumstance. I will appreciate the efforts that are made by my teammates, my coaches, family, and event officials.

O - TO *OPTIMIZE* MY EXPERIENCE BY MEETING ATHLETES FROM OTHER PROGRAMS.

I understand that track & field is a great opportunity to meet athletes from other programs 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 and do my best is what matters most. While victory shall be my goal, defeat is nothing to be ashamed of.

I - TO *INTERACT* IN PERSON AND ON THE INTERNET WITH INTEGRITY.

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

S - TO *SEE* THE BIG PICTURE AND EXERCISE SELF CONTROL IN ADVERSE SITUATIONS.

I will increase focus and intensity at practice rather than retaliating or blaming 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 thought of defeat to be an excuse for 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 this promise to the best of my abilities and always work to improve my team, my sport, and myself.