

AS A **WATCHDOG PARENT** - *I PROMISE*

P - TO *PROMOTE* OUR ATHLETES AND SPORT.

I will do my best to help promote the Watchdog Track & Field program by encouraging and supporting the athletes and coaches.

R - TO *RESPECT* THE COACHES, OTHER TEAMS AND EVENT OFFICIALS.

I will treat all coaches, teams, and parents with respect at all times. Even when I disagree with others' decisions or comments. I will use self-control in all discussions.

O - TO *OFFER* MY SERVICES WHEN NEEDED.

Whenever possible, I will volunteer to help the Watchdog Track & Field program in any way that I can.

M - TO *MAKE PURSUIT OF VICTORY MORE IMPORTANT THAN WINNING.*

I will teach that putting forth your best effort, rather than winning itself, is what is most important in life.

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

I will not comment negatively about any of our athletes, coaches, or opponents on any form of social media: Facebook, message boards, etc. Instead, I will seek to use social media in a positive manner whenever possible. I understand that commenting with integrity reflects positively upon the image of the Watchdog Track & Field program and myself.

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

I understand that I am responsible for my behavior, and I will lead by example. I will not allow profanity, anger, or disrespect to be a part of any of my interactions especially at events.

E - TO *EXEMPLIFY* SPORTSMANLIKE CONDUCT.

I will be a positive example for my son/daughter and the Watchdog Track & Field program. I understand that as a parent, I am a role model for my son/daughter and the