



Please read, initial each item, and return to the coach.

PCA Parent Pledge



1. I pledge to use positive encouragement to fill my child's Emotional Tank because athletes do their best when their "Emotional Tank" is full. I understand that less than 1% of youth sports participants receive college scholarships and that the top three reasons kids play sports are a) to have fun, b) to make new friends, and c) to learn new skills. I understand that the game is for the players, and I will keep sports in the proper perspective. _____
2. I pledge to reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning and M for bouncing back from Mistakes). Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self. _____
3. I pledge to "Honor the Game." I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will Honor the Game and refrain from commenting. _____
4. I pledge to refrain from yelling out instructions to my child. I understand that this is the coach's job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates and coaches. I will limit my comments during the game to encouraging my child and other players for both teams. _____
5. I pledge to refrain from making negative comments about my child's coach in my child's presence. I understand that this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience. _____
6. (a) I pledge to get my child to practice and games on time. I understand that it can be embarrassing for my child to be late and that I may be putting my child at risk for an injury by not providing adequate time for warm up. (b) I will be on time to pick up my child from all games and practices. This shows respect for the coach and sends a message to my child that they are my top priority. (c) If I am unable to stay for a practice or a game, I will personally notify the coach when I drop my child off, will provide my coach with a hardcopy of my contact information while I am away from the gym, and recognize that my coach may refuse to allow my child to stay unattended. _____
7. I pledge to respect the buildings and facilities that we utilize by cleaning up after all practices and games. - _____
8. I pledge that my child understands that using profanity or any other un-sportsmanlike conduct will not be tolerated. _____
9. I understand that any violation of the parent pledge will lead to dismissal from the league without a refund. _____

Parent's Signature

Print Child's Name

Team Name/Coach