



St. Mary's Catholic School Sports Program

A Code of Ethics for Athlete

I. Strive for person achievement and excellence through full honed effort

1. Play with intensity by maintain perspective. Do not let any situation deter you from your responsibility to model Christian ideals.
2. Play to reach your God-given potential regardless of discouragement or complacency. True athletes do not give up.

II. Strive to win only by legitimate means.

1. Learn, understand, and adhere to the written rules of the sport and conference.
2. Do not manipulate the rules to gain an unfair advantage over the other team.
3. Recognize violence and physical or mental intimidation as: harmful to sports, unfair, and unacceptable. Refrain from such practices.

III. Win with humility, lose with dignity.

1. Give the other team full credit if they win. Refrain from excuse and accusation. Be determined to learn and grow from the experience.
2. Accept both victory and losses with pride and compassion, being neither boastful nor bitter. Establish goals beyond only winning so you can leave with some degree of success.

IV. Regulate your Attitude

1. Exercise self-control at all times in your reactions towards the other team, spectators, officials and yourself. Self-control must be demonstrated verbally as well as non-verbally. Inappropriate language is not acceptable.
2. Recognize your gifts and abilities as God-given and channel the glory received from these back to God's glory. Accept awards humbly, display a humble manner, and be thankful for your opportunities.
3. Practice good health habits by refraining from tobacco, alcohol, drug, or use of other harmful substances. Follow sound nutritional guidelines and maintain healthy sleep habits.

V. Respect the other team members, officials and spectators.

1. Treat visiting teams, spectators and officials as integral to sports and as honored guests. Conduct yourself with honor and dignity.
2. Believe in the honesty and integrity of the other team and in the honesty, integrity, and interpretation of game officials.
3. Accept peacefully, and without improper questioning, the decision of the official.
4. Build a cooperative attitude with other competitors. Interact with them and view them as partners in sharing a common goal to realize potential not as enemies you wish to defeat.
5. Seek to build-up other participants so that all involved can improve and experience success and fulfillment in the competition.
6. Recognize and applaud honestly and wholeheartedly the efforts of your team regardless of circumstances.

PLAYER'S PLEDGE-PARTICIPATION AGREEMENT

I promise to abide by the Code of Ethics for Athletes and the Athletic Guidelines/rules stated in the St. Mary's Athletic Handbook and the School's Parent-Student Handbook.

I promise to display Christian courtesy, behavior, loyalty to my team and teammates, and good sportsmanship to all, and at all times.

Player's Signature: _____ Date: _____