



Athlete Promise

P... to PLAY by the rules.

I will learn and obey the rules of my sport and train to perform routines within those guidelines. I will learn and follow the policies and rules of World Elite and strive to represent myself, the program and family well.

R... to RESPECT myself, my coaches, my teammates and event officials.

I will treat myself, my teammates, my competitors, and my family with the utmost respect in every possible circumstance. I will respect the decisions of my coaches and know that I can approach them at anytime with anything. I will respect the even workers and judges at every competition.

O... to OPTIMIZE my experience.

I understand that competitive gymnastics is a great opportunity to train, travel, meet people, accomplish goals, and grow. I will do everything in my power to get the most out of this opportunity provided to me, and I will not take for granted the work put in by my coaches, teammates and family to provide me this opportunity.

M... to MAKE pursuit of victory more important than winning.

I understand that winning isn't everything, but rather my will to train to win that matters most. Victor shall be my expected goal but true success is doing the best for which I am capable.

I... to INTERACT, in person and online, with INTEGRITY.

I will not comment negatively about my program, team, teammates coaches, opponents or family either in person or online. I understand that doing so reflects poorly upon the image of my sport, my program, and myself.

S... to SEE the big picture & exercise self control in adverse circumstances.

I will increase focus and effort at practice and on the competition floor when adverse circumstances arise, rather than retaliate and blame others. I understand that i am responsible for my behavior, attitude, and mood. These things are contagious, and I should make sure they are worth catching.

E... To EXEMPLIFY sportsmanlike conduct and passion for my sport, program, team.

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 myself, my team and my sport.

I, _____, commit to following the above "Promises". I realize the highlighted promises are areas that i have struggled with in the past and I commit to working on meeting the expectation of my coaches and program. I commit to this to be a better teammate to my team.

Signature of Athlete: _____

Signature of Parent: _____

Signature of Coaches: _____ & _____



