**Sample Student-Parent-Coach Pledge**

**The Student Pledge**

My health and fitness are important and I am responsible for my success. As a student I will LEAD by:

1. Arriving on time and coming prepared.
2. Working as a team and practicing school values.
3. Having fun!
4. Signing in and out for attendance.
5. Practicing proper safety procedures while running.

**The Parent / Caregiver Pledge**

My participation in my child’s health and fitness is critical for him/her to be successful. As a parent/caregiver I will LEAD by:

1. Sending my child to practice on time and ready to run every [Insert Training Days] (appropriately dressed with sneakers, [Insert Team Name] T-shirt, and a water bottle).
2. Picking my child up from practice on time every [Insert Training Days].
3. Supporting my child to help him/her meet his/her running and nutritional goals each week of the training program and beyond.
4. Ensuring that my child is at every practice. If my child isn’t able to attend a practice, I will ensure that he/she makes up the mileage, in order to complete 25.2 miles by [Insert Race Day].
5. Supporting my child at home by making sure he/she is completing his/her running/jogging/walking homework each week. Homework must be completed before the next practice each
6. [Insert Training Days].

**The Coach Promise**

We understand the importance of a quality, healthy lifestyle for each student. As a coach I will LEAD by:

1. Setting clear expectations for student behavior by modeling what a leader is, thus developing value-centered, responsible students that will support and encourage one another
2. Teaching proper stretches, running form, and fun games to help promote an active lifestyle.
3. Providing each child with weekly nutritional challenges to promote a healthy lifestyle.
4. Creating a safe, positive, and healthy environment for each child.
5. Presenting weekly incentives to all students for their efforts and accomplishments.
6. Establishing and maintaining open lines of communication with parents.

*Please sign next page.*

Please sign and return this page ONLY on [Insert Return Date]. Keep the first page for future reference.

**[INSERT TEAM NAME] PLEDGE FORM**

My child and I discussed [Insert Team Name] Pledge and my child understands what is expected of him/her during the [Insert Training Days] trainings.

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Student’s Full Name (Printed) Grade Coach/Teacher’s Signature

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Student’s Signature Parent Signature

