



Set A Good Example Pledge (S.A.G.E.)

To remind us that
The game is for the kids, that
Respect is a lesson we can teach, and that
Setting a good example is more important than winning--

we require that each and every player, coach and **EVERY** parent read, understand and commit to our S.A.G.E. pledge of good sportsmanship. This pledge summarizes the important elements of the youth sports experience and sets out your commitment to Sportsmanship and Fair Play. Signing it is a condition of your participation in with Mendham Patriot Basketball.

Important information about youth

Kids participate in sports primarily because it is fun. Adults need to keep that in perspective and remember that the game is about the kids and the fans are there merely to observe and cheer. Occasionally some adults get too emotional about youth sports because they are too concerned about how their kids are doing, have the mistaken belief that winning is important or have a desire for glory through their children's success. This makes the game about the fans or parents.

Kids need to know that if they are trying their best, they have already won. Parents need to remember that no kid will be great at everything. Recognizing that, parents can help most by relaxing, enjoying these fleeting years and letting the kids just play without parental pressure.

Placing too much pressure on kids to perform well creates stress that detracts from the fun and can affect their self-esteem. It also affects everyone else involved, amping up the emotion of players, coaches and fans alike. Instructions shouted to players are distracting, usually too late and often inaccurate or counter to what the coach is trying to achieve. Criticizing the calls of officials does not achieve the desired end. Fans are often wrong and biased in their assessment and often do not have as good a view of the play. Even if wrong, officials are human and make mistakes. Pointing out those mistakes in a vocal manner sets a bad example for the athletes.

My Pledge to Set A Good Example

I will not be loud or negative towards players, referees, coaches or spectators. I acknowledge that failing to show respect for people who are doing the best they can sets a poor example for our children and can result in my expulsion from the gym. If someone else makes an inappropriate or inflammatory comment I will hold my tongue since my response is likely to escalate rather than diffuse the situation.

(OVER)

When I coach, I will remember that encouragement and praise for every child, not just the best athletes, is critically important to their self-esteem and their ability to achieve the most they can.

I recognize that striving to win, rather than winning itself, is what is important in sports and in life. Striving to win means doing the best you can.

I recognize that players must get playing time to improve and gain the confidence that helps them develop. I acknowledge that this is more important than winning games.

I acknowledge that making mistakes and losing are a part of life. I pledge that I will be tolerant of the mistake of players, coaches, referees and others.

I understand that respect for the referees and accepting their decisions with grace is an important example to set for the kids.

I acknowledge that winning with grace is as important as losing with grace and overly enthusiastic celebration is as unattractive and insensitive as being a sore loser.

I recognize that within the parameters of competition, sportsmanship and fair play are paramount. I pledge that I will commit to promoting an atmosphere of healthy competition to ensure for all participants.

Signed: _____
Circle one: ~ Player ~ Parent ~ Coach ~ Other ~

Signed: _____
Circle one: ~ Player ~ Parent ~ Coach ~ Other ~

Print Name: _____

Print Name: _____

Signed: _____
Circle one: ~ Player ~ Parent ~ Coach ~ Other ~

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