

# Sportsmanship Pledge



This Pledge summarizes 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 the East Coast Enduro Association (ECEA) Youth Hare Scrambles Series.

## Important Information about youth and sports

Kids participate in sports primarily because it's fun. Adults need to keep it fun. 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 very important, or have a desire for glory through their kids' success. That last one is part of the concept of living through your kids.

Kids need to know that if they're trying their best, they are winners. Parents need to remember that their kids will not be great at everything. Recognizing that, parents can help most by relaxing and enjoying these fleeting years.

Placing too much pressure on kids to perform well creates stress that can detract from their fun and can affect their self-esteem. Instructions shouted to players are distracting, usually too late, and sometimes inaccurate or in conflict with what the coach is teaching.

## My Pledge to Set a Good Example

I will not be loud or negative towards riders, referees, or spectators. I acknowledge that failing to show respect for people who are doing the best they can sets a bad example for our children and can result in my suspension from the series. If someone else makes an inappropriate comment, I will not make a negative response that could lead to a confrontation. As a rider, I should not act in a way that could lead to ejection from a race or embarrassment for my fellow riders.

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 acknowledge that making mistakes and losing are part of life. I pledge that I will be tolerant of the mistakes of riders, referees, and others. I recognize that mistakes are opportunities for learning.

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 fun for all participants.

Signed: \_\_\_\_\_  
(Circle one: Rider, Parent, Other)

Signed: \_\_\_\_\_  
(Circle one: Rider, Parent, Other)

Signed: \_\_\_\_\_  
(Circle one: Rider, Parent, Other)

Signed: \_\_\_\_\_  
(Circle one: Rider, Parent, Other)