

Code of Conduct for Football & Cheerleading Athletes

I, as an athlete participating in SW Panthers football or cheerleading, pledge to uphold the following principles in order to promote respect, teamwork, and positive sportsmanship:

1. **Show Respect:** I will treat all coaches, teammates, opponents, officials, and fans with respect, both on and off the field.
2. **Exhibit Sportsmanship:** I will demonstrate good sportsmanship at all times, whether I win or lose, and I will support my teammates and opponents alike.
3. **Prioritize Teamwork:** I will work cooperatively with my teammates and coaches, striving to achieve success as a team, not just as an individual.
4. **Commit to My Role:** I will give my best effort in practices and games, understanding that every role on the team is important to the success of the group.
5. **Focus on Personal Development:** I will work to improve my skills and abilities, striving to be the best athlete I can be while remaining humble and open to learning.
6. **Respect the Game:** I will follow the rules and guidelines of my sport, ensuring that I play or perform with integrity and respect for the game itself.
7. **Be Positive and Encouraging:** I will encourage my teammates, helping create a positive environment where everyone feels supported and motivated.
8. **Handle Mistakes with Grace:** I will accept my mistakes, learn from them, and never blame others for my shortcomings.
9. **Maintain Focus:** I will stay focused on my responsibilities, whether during practice, games, or performances, always giving my full attention and effort.
10. **Take Responsibility:** I will be accountable for my actions both on and off the field, recognizing that my behavior reflects not only on me but on my team, coaches, and community.
11. **No Tolerance for Disrespectful Behavior:** I will not engage in any form of bullying, harassment, or unsportsmanlike conduct, whether directed at teammates, opponents, or others involved in the program.
12. **Support a Safe Environment:** I will play and perform in a manner that prioritizes the safety of myself and others, and I will speak up if I notice unsafe behavior or conditions.
13. **Represent My Team with Pride:** I understand that my actions, both in and out of uniform, represent my team, my coaches, and my community, and I will conduct myself in a way that makes everyone proud.
14. **Embrace the Spirit of the Game:** I will remember that sports are meant to be fun and that every experience is an opportunity to learn, grow, and develop lifelong skills.

Athlete's Name/Signature

Date