



Department of Athletics

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## TRAINING RULE PLEDGE

If your son intends to participate in any sport at Elder, he and his parent(s) or guardian are required to sign this training rule pledge.

I, \_\_\_\_\_ make a commitment  
(athlete's signature)  
that I will not drink alcoholic beverages or use any drugs or tobacco during the  
\_\_\_\_\_ season.  
(sport and year)

We, \_\_\_\_\_,  
(parent(s) signature)  
parents of \_\_\_\_\_,  
(print athlete's name)  
make a firm commitment to help monitor the fact that our son is not breaking training rules.

The first violation of these rules will result in the inability of your son to participate in his sport for a minimum of two weeks or three contests. The second violation will result in immediate suspension from the team and a required evaluation to determine clinical dependence. This will be mandatory for further involvement in Elder's Sports Program.

