



As a TruAthlete, I promise to

- Develop myself to the best of my natural ability
- Work hard to achieve my individual and team goals
- Create work ethics that I can take into future experiences
- Trust my teammates, coaches, and parents to help me achieve success in sports
- Respect my team, school, community and opponents
- Unite as an individual or team to stay free of performance enhancing drugs, recreational drugs, and alcohol
- Unite the Tru Athletes community from school to school, city to city, in a movement to make the experience of high school athletics a positive experience free of negative peer pressure and poor decisions

I will be TRU to my sport

I will be TRU to myself

I will be TRU to my team

I am a TruAthlete

COACH, PARENT, OR GAURDIAN



TRUATHLETE

www.truathletes.com