



# ATHLETE PLEDGE

As a member of the Plus 3 Golf (P3G) Junior Golf Initiative, I understand that I am representing myself, my family, my community, and the mission of Plus 3 Golf. I pledge to hold myself to the highest standards of integrity, sportsmanship, and personal development, both on and off the golf course; an advocate of mental health and a voice to strengthen community.

## AS A P3G ATHLETE, I PLEDGE TO:

### Excellence in Athletics

- Commit to disciplined practice, preparation, and effort in pursuit of my personal and athletic goals.
- Maintain a growth mindset, recognizing that success comes through hard work, consistency, and perseverance.
- Strive for improvement in my game while prioritizing long-term development over short-term results.

### Integrity and Sportsmanship

- Demonstrate honesty, fairness, and respect in all competitions, regardless of the outcome.
- Respect my competitors, coaches, officials, and the rules of the game at all times.
- Win with humility and lose with dignity, understanding that every experience is a lesson in growth.

### Mental and Emotional Strength

- Prioritize my mental well-being and seek help when needed, understanding that asking for support is a sign of strength.
- Embrace challenges as opportunities to build resilience and confidence.
- Practice mindfulness, focus, and self-control, knowing that a strong mindset is key to success.

### Health, Fitness, and Responsibility

- Take care of my body through proper nutrition, physical training, and recovery to maintain peak performance and injury prevention.
- Recognize that my actions, both on and off the course, reflect not only on me but on the Plus 3 Golf community as a whole.

### Respect for Community and Leadership

- Be a role model to my peers and younger athletes by demonstrating leadership, discipline, and respect.
- Give back to the community when opportunities arise and support fellow athletes on their journeys.
- Honor my commitment to the principles of Plus 3 Golf, contributing to a culture of respect, accountability, and excellence.

### I understand that by signing this pledge:

- I am committing to the mission and values of Plus 3 Golf.
- I take responsibility for my actions and behavior as a representative of P3G.
- I will hold myself accountable to the standards set forth in this pledge.

By signing this pledge, I accept the responsibility to uphold the ideals of P3G and strive to be a better athlete and individual, embodying resilience, recovery, and reinvention through golf.

**P3G Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_