



## Coach Pledge

I, \_\_\_\_\_, hereby pledge to do my best to:

Commit to the values of the Eagle Leagues, and foster a positive atmosphere where my players will have fun being active, improve, and learn how to impact the world for good.

Ensure there is an opening and closing prayer for every practice and game.

Greet each player by name as they arrive for every practice and game.

Model the life lessons we teach: Respect, Effort, Joy, Love, Integrity, Courage/Confidence, Perseverance, Empathy, Excellence/Humility, and Service.

Encourage my players to be grateful for their God-given abilities.

Ensure maximal participation and movement in practices.

Follow and enforce the standard, cheer for your teammates, not against the calls or no calls.

Do a quick team building activity to start each practice, and help them grow together as a team.

Give each player the pre-season, mid-season and final evaluations.

Value each player equally, and teach them to treat each other with respect as equals.

Use encouragement and positive reinforcement as my primary method to help my players grow.

Follow the Ideal Praise-to-Criticism Ratio of 5.6 to 1 (Losada & Heaphy, 2016).

Teach my players the 3 F's in Failure; FLUSH away the pain, FIX it by recognizing what you did wrong, and FOCUS on doing it right next time. Teach them that failure is an opportunity to get better.

Remind my players to "point and pick-up" in scoring and when someone is down.

Understand calling my players out in front of the whole team is usually not as effective as pulling them aside and talking to them.

Make sure every player has a chance to speak during every life lesson discussion.

Mail the postcards provided to me on each of my player's birthday.

Watch the Eagle League Coaching Strategies Video before the season starts.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Losada, M. and Heaphy, E (July 27, 2016) The Role of Positivity and Connectivity in the Performance of Business Teams. *American Behavioral Scientist*, Volume 47, Issue 6, pp. 740-765.