



SWISS TAEKWONDO ATHLETE'S PLEDGE

Commitment is the most important element of Individual and team success in every sport: this is even most important in a martial art & combat sport such as Taekwondo.

The extent to which athletes are able to make such commitments reflects their maturity as well as their dedication to family, friends, and team. We ask that you read and agree to the following Pledge:

As Swiss Taekwondo National Team Athlete/ Squad Athlete, I promise:

1. To be a worthy representative of Swiss Taekwondo abiding by Swiss Taekwondo Ethical Code of Conduct and reflecting my team's values of commitment and hard work.
2. To maintain my health and fitness levels by following the training rules as prescribed by the National Coaches.
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
4. To attend every Squad Training unless excused in written form (**Annex 1**) by the responsible National Coach.
5. To find time to satisfy my family relationships and responsibilities.
6. To accept the responsibilities of team membership: cooperation, support of my teammates, share responsibilities, positive interaction, and mutual respect.
7. To reflect good breeding by expressing my feelings and ideas intelligently and appropriately.
8. To read carefully and understand the athlete's agreement attached to this pledge (**Annex 2**), and to uphold all agreement conditions.

I have read the above statements and promise to live up to them:

Athlete Name & Signature: _____

Athlete Club: _____

Legal Guardian Name & Signature (For Minors): _____

Date: _____

To be returned, completely filled and signed, to Mr. Peer Steinkellner next Squad Training