**PLHS Gymnast Pledge**

As an important member of the Prior Lake High School Gymnastics Team, I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ,(name) pledge to my team, coaches, and to myself that I will abstain from any drug or alcohol use. I realize that the use of drugs and alcohol not only hurts me and my own performance, but it also negatively affects the entire team.

By signing this pledge, I will abstain from these substances myself, as well as, encourage others to follow my example. I acknowledge that the penalties for breaking this pledge are as follows:

1. Missing 25% of Competitions as set by the PLHS chemical policy. (See reverse for more details.
2. No lettering or captainship for the season.
3. Attending all practices during this period, and spending half the practice working on projects that benefit the team (to be determined by the coaches). This may mean cleaning, moving mats, etc.
4. Working at the missed meets
5. Writing a letter of apology to teammates for breaking this pledge and letting them down.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

Gymnast Signature Date

As a parent of this gymnast, I will do all that I can to help my daughter keep this pledge. I acknowledge that I am aware of the consequences for breaking this pledge.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Parent Signature Date

After confirmation of the **first violation**, the student shall lose eligibility for 25% of the number of consecutive interscholastic contests in the regular season schedule in which the student is a

participant or 2 weeks, or 2 events, whichever is greater.

1. Parent/Student Conference held with appropriate school personnel.

2. Student will NOT be eligible for any school awards for the seasons which the consequence is

served: MVP, Most Improved, etc… Student will be eligible for Conference and State Awards.

3. For the duration of student’s high school career, the student will not be eligible to be a Captain or hold a leadership position in ANY sport or school sponsored activity at Prior Lake High School.

4. Student shall make arrangements with the coach regarding reinstatement on the team.

Second Violation

After confirmation of the **second violation**, the student shall lose eligibility for

50% of the number of consecutive interscholastic contests on the schedule in which the student

is a participant or 3 weeks or 6 consecutive interscholastic contests, whichever is greater, if the

student on his/her own volition enters and satisfactory completes a treatment program from a

certified chemical treatment facility. Written confirmation of participation and satisfactory

completion of the treatment program from the director/certified counselor of that program is

required.

1. Parent/Student Conference held with appropriate school personnel.

2. Student will not be eligible for any further school awards: MVP, Most Improved, etc.

3. For the duration of student’s high school career, the student will not be eligible to be a Captain or hold a leadership position in ANY sport or school sponsored activity at Prior Lake High School.

4. Student shall make arrangements with the coach regarding reinstatement to on the team.

Third and Subsequent Violations

After confirmation of the **third of subsequent violations**, the student shall lose eligibility for one

calendar year. The penalty may be reduced to 4 weeks for 12 consecutive interscholastic

contests, whichever is greater, if the student on his/her own volition enters and satisfactory

completion of the treatment program and the following conditions are met:

1. The student is assessed as chemically dependent by a licensed chemical dependency counselor, prior to entering the treatment program.

2. The student voluntarily enters a treatment program approved by the chemical health coordinator and activities director.

3. The director of the treatment facility certifies in writing that the student has successfully completed the treatment program.

4. No sooner than 6 weeks after the student enters treatment can the student begin serving the reduced penalty of 4 weeks or 12 interscholastic contests, which is greater.