



Playing Safe, Fair and Sober Pledge

I recognize that the greatest personal rewards derived from individual athletic accomplishment are the result of hard work, dedication and perseverance. Fair and honest competition that truly tests my own talent, ability and preparation without the influence of any banned performance-enhancing substance is the real essence of sport and sportsmanship.

I pledge to become the best that I can be without using any banned performance-enhancing substance, including anabolic steroids. I understand that should I do so, I am not only cheating my teammates and myself but also risking serious health consequences now and in the future. I will rely on the **POWER WITHIN ME** to enhance my athletic abilities.

Athlete's signature

Parent's signature

Coach's signature

A special recognition patch will be sent to you if you send a signed copy of the "Playing Safe, Fair and Sober Pledge" to: Powered by ME!, St. Joseph Medical Center Foundation, 7601 Osler Drive, Towson, Maryland 21204.