



“The Pledge” - Coach

I _____, affirm to live a “tobacco free” lifestyle. As a coach, I have a responsibility to set a good example for my student-athletes.

I understand that tobacco contains many substances known to cause cancer, heart disease, gum disease, and death. These harmful agents are in cigarettes; cigars; cigarette and cigar smoke; and all forms of smokeless or spit tobacco, including snuff and chew.

I pledge to educate my student-athletes on the dangers of spit or smokeless tobacco, understanding that smokeless does not mean harmless and that spit tobacco can be just as harmful to me as smoking cigarettes or cigars. I will actively engage my student-athletes in a meaningful discussion about the dangers of spit or smokeless tobacco.

I will not tolerate the use spit or smokeless tobacco or any tobacco products by the student-athletes under my supervision. I have established team rules that prohibit the use of these deadly products. I will encourage my student-athletes to live a healthy, tobacco-free lifestyle that that will make a difference in their lives and the lives of others. For those who are using spit or smokeless tobacco, I will offer support and encouragement to make the choice to life without tobacco.

Name (Please Print): _____

Signature: _____

Contact (Phone & E-mail): _____

FAX the signed pledge to (517) 655-1761, e-mail to NCnoSpitAllStars@thesportsflash.com, or mail to TSF Radio Network, 1516 Lytell Johnne's Path, Williamston, MI 48895.

