



The "No Spit" Pledge

I, _____, play football for _____
and I pledge not to smoke or use smokeless tobacco on or off the football field.
Tobacco use is bad for my health and does not make me a good role model.
I understand that tobacco contains more than 28 agents known to cause cancer.
These cancer-causing agents are in the following:

- cigarettes and cigars;
- cigarette and cigar smoke;
- and all forms of smokeless tobacco, including:
 - spit;
 - snuff;
 - and chew.

I understand that in the short term, using tobacco will adversely affect

- my ability to run fast;
- the quality of effort I can make toward playing the game;
- how I smell as well as my ability to taste and smell;
- and will stain my teeth and fingers.

Signature: _____

Name: _____

Phone: _____

E-Mail: _____

Parent's Contact: _____

Fax signed pledge to (517) 655-1761.

