



ECS Athlete Commitment

1. I commit to showing up on time to all practices and games throughout the entire season, recognizing that order, discipline, and faithfulness are virtues that honor God and serve my team.
2. I commit to individually practicing sport-specific skills outside of scheduled team practices, stewarding the gifts the Lord has given me and cultivating diligence through repeated habits of excellence.
3. I commit to listening to and respecting the authority God has placed over me—coaches, officials, and school leaders—whether or not I agree with their decisions, understanding that humility, submission, and teachability are marks of Christian maturity.
4. I commit to following the team dress code to and from games, recognizing that outward order reflects inward discipline and that unity in appearance communicates respect for my school and teammates.
5. I commit to Christ-like behavior at school, at home, and in my chosen sport. I will strive to exhibit the fruit of the Spirit, demonstrating virtue in word and deed so that my conduct reflects the character of Christ.
6. I commit to supporting the team, encouraging my teammates, and cheering wholeheartedly regardless of whether I play, understanding that Christian community calls me to love others and place the good of the team before my own desires.
7. I will strive to prepare mentally and physically for all practices and games, acknowledging that excellence in athletics—like excellence in academics—requires disciplined habits, focused attention, and a ready mind.
8. I will give my best effort at all times, laboring as unto the Lord (Col. 3:23) and recognizing that the pursuit of excellence is a means of forming virtue, strengthening character, and honoring God.
9. I will make no excuses for mistakes, errors, laziness, or losses. Instead, I will choose the path of courage, repentance, and growth, pursuing wisdom and resilience through correction and perseverance.
10. I recognize that participation in athletics is a privilege, not a right. Any student may be removed from a team or suspended for contests if their attitude or conduct fails to display a Christian testimony or contradicts the core values of the ministry of ECS. This



may occur at the discretion of the coach, athletic director, or school administration. I accept this accountability as part of my formation in virtue and Christian character.

Commitment to Biblical Manhood, Womanhood, and Christian Honor

11. I commit to honoring biblical distinctions between young men and young women. As Scripture teaches us to act with purity, respect, and propriety, gentlemen will conduct themselves as gentlemen and ladies as ladies, reflecting modesty, dignity, and Christian virtue.
12. In accordance with this conviction, young men will take a knee and will not take the court or field if a young woman enters the playing area during a gentlemen's game, showing honor, protection, and respect.
13. Likewise, young women will refrain from entering the court or field if a young man is participating, ensuring that no young man is placed in a compromising, uncomfortable, or immodest situation.

These practices are not rooted in superiority or inequality, but in Christian charity, modesty, mutual respect, and the long-held traditions of gentlemanly conduct and feminine honor. We strive to create an environment that protects the integrity of all students, promotes virtue, and upholds a distinctly Classical Christian understanding of the body, modesty, and interpersonal conduct.

I acknowledge that my actions represent not only myself but also my family, my school, my teammates, and ultimately Christ. Therefore, I will strive to practice honor, courage, self-control, and charity in all circumstances.

I commit to communicating proactively with my coach regarding absences, injuries, or concerns, demonstrating responsibility, honesty, and respect for those entrusted with my care and development.

Date: _____

Athlete's Signature: _____

Parent's Signature: _____