



## Teammate Contract with \_\_\_\_\_

Please print your name clearly

**I want** to improve myself by holding myself to a higher standard. I want to constantly improve. I understand the importance of self-respect, and I want to become someone worthy of my respect.

**I want** to improve my relationships with others, growing and learning how to be a good friend and teammate. I want to have healthy relationships with the other people in my life, including parents, teachers, members of the opposite sex, and my peers. I want to always be improving my understanding of how and why to respect other individuals in my life.

**I want** to improve my community. I want my community to be healthy and be a place where people act responsibly and safely. I want others in the community to reject violence and unhealthy lifestyles, and provide an environment that helps others succeed. I will respect others in the community, no matter what their socioeconomic status, and will respect my physical environment as well.

**I will** constantly look for opportunities to improve myself, to learn, and take ownership for my own successes and failings. I have self-respect in the way that I behave, whether I am with others or not. This will be reflected in the language I use, the way I dress, and the way I appear.

**I will** seek out healthy relationships, and strive to do my part in my relationships to be honest and respectful. I will look for opportunities to do for others, and will work towards humility. I will care for others, respect their boundaries, and learn to appreciate what they have to offer. I will share the things I learn with others to help them improve themselves as I strive to also improve.

**I will** respect my community, the people in it, and the physical environment it is in. I will participate in being a productive member of my community and will look for opportunities to improve my community by sharing my knowledge, and work toward leading positive change in my community.

**I commit** to participating in community service hours, to equal no less than 4 hours per month. Hours in excess of 4 hours may be carried over to subsequent months, up to 3 months.

**I commit** to participating in fundraisers to help support Pickup the Ball. This is not a membership fee, but a commitment to ongoing support of an organization that supports you.

**I will receive** a Pickup the Ball *Teammate* T-shirt, and the opportunity to participate in all Pickup the Ball programs. Some programs may require further application, and participation is not guaranteed if the program's specific requirements are not met.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18



# Teammate Information Sheet

Please print clearly

Name \_\_\_\_\_ T-Shirt size \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Name of parent or guardian \_\_\_\_\_

Relationship to you \_\_\_\_\_

Phone \_\_\_\_\_

If not at the same address, the name of the head of the household  
where you live \_\_\_\_\_

Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_

Current school if still in school \_\_\_\_\_

Place of employment, if employed \_\_\_\_\_

Career goals \_\_\_\_\_