



Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social Media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

_____ I take responsibility for my online profile, including my posts and any photos, videos, or other recordings posted by others in which I appear.

_____ I will not degrade my opponents before, during, or after games.

_____ I will post only positive things about my teammates, coaches, opponents, and officials.

_____ I will use social media to purposefully promote abilities, team, community, and social values.

_____ I will consider "Is this the me I want everyone to see?" before I post anything online.

_____ I will ignore any negative comments about me and will not retaliate.

_____ If I see a teammate post something potentially negative online, I will work with my teammates to help correct the negative post. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.

_____ I am aware that I represent my sport(s), school, team, family, and community at all times, and will do so in a positive manner.

_____ Failure to adhere to these expectations will result in the following consequences: 1st Offense: Benched from 1 game, 2nd Offense: Removal from team

Student Athlete Signature and Date: _____

Parent Signature and Date: _____