

PATRIOT MAT CLUB TEAM PLEDGE

As a proud member of the Patriot Mat Club, I pledge to embody the values of dedication, discipline, and perseverance both on and off the mat.

I COMMIT TO:

PURPOSE: Training with intention and focus, striving to improve myself and my skills every day.

ADAPTABILITY: Embracing challenges and learning from every experience, both in practice and competition.

TEAMWORK: Supporting my teammates, fostering unity, and celebrating our collective achievements.

RESPECT: Honoring my coaches, competitors, and the sport, and treating everyone with dignity.

INTEGRITY: Competing honestly and fairly, representing my club and community with pride.

OPTIMISM: Approaching every match with a positive mindset, believing in myself and my team.

TENACITY: Committing to hard work and resilience, knowing that success is earned through dedication.

SPIRIT: Carrying the heart of a Patriot, embodying our values in every aspect of life.

I pledge to bring my best self to every practice, match, and competition, knowing that I am a Patriot on and off the mat.

Together, we rise as one team, one family, one mission.

**UNITED IN STRENGTH
FORGED BY DISCIPLINE
DRIVEN BY EXCELLENCE**

