

RKA Athletic Commitment Agreement

Rooted in Resilience. Anchored in Responsibility. Built through Character and Community.

At RKA, we believe athletics is more than a game; it's a journey of growth. Through commitment, accountability, and leadership, we use sport to build strong, confident, and compassionate young women. Whether we are on the court or in the classroom, we show up, support one another, and strive to become our best selves.

We Grow Through the Game.

As an RKA Athlete, I Commit To:

- **Commitment:** Showing up fully—on time, prepared, and focused—for practices, games, and team responsibilities.
- **Growth:** Setting both a technical and personal goal for the season, reflecting on my progress, and learning from challenges.
- **Leadership:** Uplifting my teammates, practicing positive communication, and modeling sportsmanship in all environments.
- **Character:** Living the charisms of our program: respect, accountability, integrity, inclusion, grace, listening, relationship, understanding, groundedness, humility, and love.
- **Team Spirit:** Supporting my teammates, honoring my coaches, and representing RKA with Kougat pride.

As a Parent/Guardian, I Commit To:

- Supporting my student-athlete's growth with positivity, patience, and open communication.
- Encouraging good sportsmanship, teamwork, and accountability.
- Trusting coaches to guide the athletic experience and modeling respect during games and events.
- Helping my child maintain a healthy balance between athletics, academics, and wellness.
- Collaborating with the RKA athletic community to uphold our shared values.

Signature on the back page

By signing below, we affirm our commitment to the values, goals, and expectations of the RKA Athletics Program. We have been informed of the policies and procedures outlined in the *Rosati-Kain Academy Athletics and Activities Handbook* and understand our responsibilities as members of this community.

Student Name (Print): _____

Signature: _____

Date: _____

Parent/Guardian Name (Print): _____

Signature: _____

Date: _____



Dare to be BOLD. Proud to be GOLD.