

## “The Pledge”

I \_\_\_\_\_, affirm that I am “Through With Chew.” Spit/smokeless tobacco is bad for my health and does not make me a good role model for others in our community. I understand that tobacco contains many substances known to cause cancer, heart disease, gum disease, and death. These harmful agents are in cigarettes; cigars; cigarette and cigar smoke; and all forms of smokeless or spit tobacco, including snuff and chew. I also understand that smokeless does not mean harmless and that spit tobacco can be just as harmful to me as smoking cigarettes or cigars.

I understand that in the short term, using tobacco will adversely affect:

- my ability to run fast;
- the quality of effort I can make toward playing the game;
- how I smell as well as my ability to taste and smell;
- and will stain my teeth and fingers.

I pledge to live healthy and tobacco-free so that I may engage in a lifestyle that will make a difference in my life and the lives of others. I will offer support and encouragement to those who wish to become “Through With Chew.”

Name (Please

Print): \_\_\_\_\_

Phone & E-

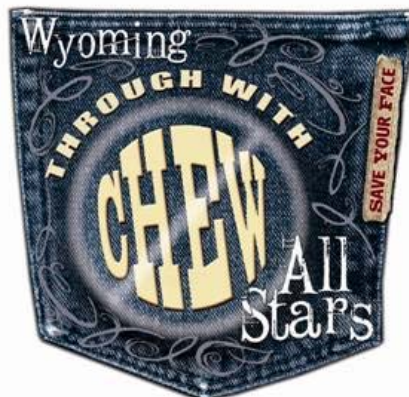
Mail: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

FAX the signed pledge to (517) 655-1761, e-mail to [WTWC@thesportsflash.com](mailto:WTWC@thesportsflash.com), or mail to TSF Radio Network, 1516 Lytell Johnes Path, Williamston, MI 48895.





## ***“The Pledge” – For Coaches***

I \_\_\_\_\_, affirm that I am “Through With Chew.” As a coach, I have a responsibility to set a good example for my student-athletes and that’s why I choose not to use spit/smokeless tobacco. I understand that tobacco contains many substances known to cause cancer, heart disease, gum disease, and death. These harmful agents are in cigarettes; cigars; cigarette and cigar smoke; and smokeless or spit tobacco, including snuff and chew.

I pledge to educate my student-athletes on the dangers of spit/smokeless tobacco, understanding that smokeless does not mean harmless and that spit tobacco can be just as harmful to me as smoking cigarettes or cigars. I will actively engage my student-athletes in a meaningful discussion about the dangers of spit/smokeless tobacco.

I will not tolerate the use spit/smokeless tobacco or any tobacco products by the student-athletes under my supervision. I have established team rules that prohibit the use of these deadly products. I will encourage my student-athletes to live a healthy, tobacco-free lifestyle that that will make a difference in their lives and the lives of others. For those who are using spit/smokeless tobacco, I will offer support and encouragement to those who wish to become “Through With Chew.”

Name (Please

Print): \_\_\_\_\_

Phone & E-

Mail: \_\_\_\_\_

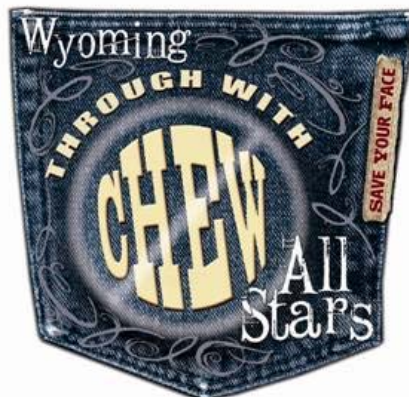
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## ***“The Pledge” – For Parents***

I \_\_\_\_\_, affirm that I am “Through With Chew.” As a parent, I am taking responsibility for my health and setting a good example for my children. I understand that spit/smokeless tobacco is bad for my health.

I understand that tobacco contains many substances known to cause cancer, heart disease, gum disease, and death. These harmful agents are in cigarettes; cigars; cigarette and cigar smoke; and smokeless or spit tobacco, including snuff and chew.

I pledge to educate my children on the dangers of spit/smokeless tobacco, understanding that smokeless does not mean harmless and that spit tobacco can be just as harmful to me as smoking cigarettes or cigars.

I will encourage my family to live a healthy, tobacco-free lifestyle that that will make a difference in my life and the lives of my children and grandchildren. I will offer support and encouragement to those who wish to become “Through With Chew.”

Name (Please  
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Phone & E-  
Mail: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

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