

## **Balance4Success - Taking Back Sundays Pledge**

The *Taking Back Sunday* initiative in District 196 depends on family involvement. If your family will be using the pledge, we ask that you email your name and tell us how you will use it. We will be tracking the numbers only, but ask for your name to insure that we do not count each pledge use more than once.

Balance4Success will not sell the names on our pledge list or share the list with any persons or organizations that will use the information for marketing purposes.

### **A FAMILY BOYCOTT OF SUNDAY YOUTH SPORTS**

- BECAUSE I do not want my child to be over-scheduled,
- BECAUSE I want to provide a balanced life for the health and well being of everyone in my family,
- BECAUSE I understand that my child can benefit from organized sports participation, but can be harmed by excessive participation,
- BECAUSE I want to give my child a day to rest in order to connect with family members, develop self-direction skills, participate in family meals, vacations, important social events and holidays, and (if we choose) participate in faith activities,
- BECAUSE Sunday, the traditional day of rest recognized widely in our community and culture by education and governmental authorities, employers, and many faith communities, has been losing ground to youth sports,
- BECAUSE even high school and collegiate varsity athletes traditionally take Sundays off from practices and games,
- BECAUSE as a parent, I am responsible for making decisions in the best interests of my children, regardless of pressure from my child, neighbors, or activity leaders, and from cultural expectations that are turning childhood into a rat race,
- AND BECAUSE I know that cultural change towards more balanced living requires a unified stand by many parents,

### **THEREFORE:**

- 1) My child will not participate in organized sports activities on Sundays.
- 2) I request that my child not be penalized because of my decision about Sundays.
- 3) If my child is penalized, I will withdraw my child from the activity and look for alternatives that are more consistent with my family's values.

In order to give sports programs enough lead time for scheduling, the effective date of this boycott is **June 1, 2006**.