

# Velocity Contract & Honor Code

**Life of Integrity** – I do hereby commit to God, to my fellow Velocity members, to my parents, and to myself that I will strive to model a life of integrity in all areas of my life. I realize that this commitment to integrity includes being a positive role model for my peers at school, for my family at home, and for all others I encounter throughout this year.

Being a positive role model is often hard to measure, but I understand that breaking my commitment to integrity can include, but is not limited to:

- violating my abstinence commitment (see below)
- being suspended or expelled from school for inappropriate behavior
- bullying other students, in person or on the internet
- disrespecting those in authority over me (parents, teachers, coaches, etc.)
- academic dishonesty (cheating)
- a situation where I *personally* feel I have not honored my commitment to integrity

**Abstinence** – While I understand that a life of integrity covers a broad range of values in every area of life, I do specifically commit to abstain from all forms of alcohol, tobacco, inhalants, illegal drugs, and sexual activities.

**Honor Code** – Finally, I pledge my word, and I am bound by my honor to abide by the Velocity Honor Code, which includes the following three commitments:

1. If I break any part of my contract, I will report myself to my school's Adult Team Leader, or to a Velocity staff person.
2. If I know of a fellow Velocity member who has broken their contract, or if I even **hear** that a fellow Velocity member has broken their contract, I will lovingly confront that Velocity member and encourage them to report themselves.
3. Should they refuse to report themselves, I will report those fellow Velocity members to an Adult Team Leader, or to a Velocity staff person.

Since, by signing this contract, I am making myself accountable to my parents and to my fellow Velocity members, I understand that should I break my contract or decide to resign from Velocity, I will inform my parents of that decision. If I decide to resign from Velocity, I understand that an announcement of that resignation will be made to my fellow Velocity members.

This contract is effective immediately as of the date signed and is binding through **September 18, 2011**.

please print your name here: \_\_\_\_\_

signature: \_\_\_\_\_ date: \_\_\_\_\_