



RAADAR™ Program for the Student Athlete

RAADAR is a character model for excellent human behavior and performance, on and off the playing field, and for life.

What is

RAADAR™ ?

The concept of RAADAR™ focuses on the principles of Responsibility, Accountability, Appreciation, Determination, Attitude, and Respect. These six principles will help guide the student athlete to be more in touch with humanity. RAADAR™ helps the athlete focus on being more conscientious about his or her behavior (self-awareness) as part of a team, a family, a community, and society as a whole. When RAADAR™ is applied to human behavior in a positive way; it will have a favorable outcome in families, school, friendships, athletics, employment, and life. As the behaviors of RAADAR™ are spread far and wide, they will produce a more humane community for all to live in and be productive.

RAADAR was conceived and developed by Vince Burke, a Doctor of Physical Therapy and a Sports Conditioning Specialist. He feels that by giving a student athlete this positive framework with which to play and live, he/she will have a greater chance for successful outcomes on the field and in life. Good grades may produce opportunity for the student athlete, but when one's character is in the RAADAR™ Zone, it will ensure that the opportunities will continue. The RAADAR™ Program emphasizes bringing these valuable principles into all aspects of play and life. It suggests what to do, and how to be, as opposed to what NOT to do. There is a vast amount of research that focuses on the benefits of positive reinforcement on human behavior. When applying the principles of RAADAR™, the student will have positive outcomes, which will encourage further favorable behavior.

As depicted in the RAADAR™ Logo with eleven circles, there are eleven elements to being “within the RAADAR™ Zone.” These circles are integral parts of life that, when applied and practiced in a positive way, will produce a successful career for an individual. The eleven elements are:

• Family • Faith • Friends • Education • Charity • Work • Skill • Training • Game Day • Nutrition • Rest

THE RAADAR™ PROGRAM

When an organization agrees to adopt the RAADAR™ Program, it will:

1. Agree to have all of its coaches, athletes, and parents/guardians watch an informative video on what RAADAR™ is, which includes an in-depth explanation of its six core principles and eleven elements
2. Have each student read and sign a contract, promising to adhere to the principles of RAADAR™, both on and off the field, and with respect to the eleven elements.
3. Have each student's parent/guardian co-sign the contract, depicting that all are committed to be in the RAADAR™ Zone.
4. Have each student receive the RAADAR™ patch/sticker to be worn as instructed.

Displaying the patch is an outward symbol that represents commitment to good human

values and high standards of humanity.

5. Have the organization agree to publicize banners and signage showing that it is in the RAADAR™ Zone.

RAADAR™ STUDENT ATHLETE CONTRACT

RAADAR™ is an acronym for Responsibility, Accountability, Appreciation, Determination, and Respect. Each of these words represents the 6 principles. Having the student athlete be mindful of these words through his/her academic and athletic career will help guide him/her toward positive behavior. The other key words of the program are the 11 elements with which each **RAADAR™** principle has to interface. The elements are: Family, Friends, Faith, Education, Charity, Work, Skill, Training, Game Day, Nutrition, and Rest. All of these words, when applied as a cohesive unit, constitute a powerful, character-driven, self-reflective tool that can optimize the student-athlete's performance, both on and off the field. When applied persistently and properly, **RAADAR™** will guide human behavior to a zone of excellence. My signature below demonstrates the athlete will be committed to these core values as listed below. Today, before my coach, teammates, and parent/guardian, I pledge to be in the **RAADAR™** Zone:

RESPONSIBILITY

Your obligation to your selected and elected role

- While working hard for my team, I will remember my role as a family member, friend, and student
- I will develop my skill, train hard and purposeful, have good nutrition, rest, and keep my body in top condition to be ready to perform on game day.
- I will believe in myself and perform to the best of my ability.
- I will help my teammates achieve their fullest potential.
- I will accept my role as a player and as part of a team.
- I will place the team goals above my individual goals.
- I will conform to the rules of the game, the team, family, school, and community
- I will be on time and prepared for practice and games.
- I will be ready and willing to play when my team and coaches call upon me, no matter the role or position on the field.
- I will be academically eligible to play.

I will do the best job possible!

ACCOUNTABILITY

Your ownership of any outcome with humility, honesty, integrity, and trust

- I will be reflective of my efforts as a family member, friend, player, teammate, student, and/or worker and execute strategies to improve my actions in all areas.
- I will honestly and humbly evaluate my contribution to the team and search for ways to improve on them.
- I will be a person that can be counted on to be truthful, hard working, and all-in for my team, with the highest standards.
- I will accept that some things are beyond my control, but look for the best way to handle that situation.

I will influence a positive outcome for my team.

APPRECIATION

Your understanding and recognition that there is value and importance

- I will be grateful for my abilities and talents, and for that of others'. I will work hard to improve my skill by challenging my given abilities.
- I will nourish, replenish, and protect my body with proper nutrients, rest, and cross training.
- I will care for the field on which I play, the uniform I am wearing, and team I am representing as if they are my own possessions.
- I will value my coaches and teammates, my opponents and referees, and the fans. Without all of this, the game would not exist.
- I will be thankful for my family, friends, teammates, faith, and my ability to learn.
- I will help others to achieve because I can.
- I will recognize others' abilities and respect them. Everyone is important, from the water boy, to the injured teammate, to the volunteers. They are all needed and worthy of encouragement and a "thank you."
- I will be thankful for the communities, teachers, coaches, police, school facilities, firefighters, athletic trainers, school nurses, and any other medical staff who give time and care for my safety, well-being, and support.

I will value and cherish my gifts and those of others.

DETERMINATION

Your perseverance, work-ethic, and firmness of purpose

- I will preserve an important place in my life for my family, faith, friends, and education, despite my athletic goals.
- I will strive for excellence by working hard at developing my skill, training, being ready for game day, taking care of myself, and giving back.
- I will achieve the goals set forth in practice and competition for myself, and my team.
- I will continue to give it my all, even though it is challenging and will take a long time.
- I will do my best to be charitable and give back.

I will achieve my goal!

ATTITUDE

Your way of thinking that is reflected in your behavior and actions

- I will have a positive mental outlook.
- I will demonstrate behaviors to my family, friends, teammates, faith, and education that show their importance in my life.
- I will contribute to my team and myself by showing up, training, and playing with enthusiasm and resilience.
- I will demonstrate good sportsmanship and character on and off the field.
- I will give my best...110% EFFORT... in the classroom, tryouts, camps, practices, games and anywhere else others are depending on me.
- I will demonstrate humility with both victory and defeat.

I will be a positive-thinking and acting person.

RESPECT

Your way of honoring and considering the feelings, rights, beliefs, differences, and properties of others

-I will speak considerately to my coaches, teammates and opponents and listen to what they have to say.

-I will honor my family, friends, teammates, faith, and education and keep their importance in my life at the highest level.

-I will behave in a manner that demonstrates leadership, sportsmanship, and cooperation towards the goals determined by my coaches and myself.

-I will be considerate to all personnel affiliated with games, practices, camps and assemblies such as referees, umpires, fans, administrators, faculty, teammates, coaching staff, and grounds personnel.

-I will use technology and social media in a socially appropriate manner. I will engage in only positive social media communications with the intention of goodness, compliments, peace and harmony regarding:

- Myself
- Other persons
- Religious groups
- Communities
- Gender differences
- Gender preferences
- Ethnic and cultural differences
- Towns or schools
- News and press releases
- And any other organization I come across.

-I will care for my body by avoiding any unapproved performance enhancing substances/ supplements.

-I will remain alcohol-free at all times (adhering to state laws, university guidelines, professional organization, and 100% adherence in high school).

-I will remain drug-free at all times (except if medically managed by any qualified health care professional, hospital, or medical team staff that is caring for any injury, and/or pathology that requires medication).

-I will care for others' belongings, equipment, and private properties.

I will be considerate of myself and others in all ways.

My signature below signifies my acknowledgment and commitment towards honoring this contract and will be the best role model of RAADAR™ . I will practice the fundamental principles of RAADAR™ as they apply to the eleven elements to the best of my ability. I will assist and encourage my teammates and classmates in executing these same principles.

I will be in the RAADAR™ Zone on and off the field.

Signature

Date _____

Witness

Date _____

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