

Our Team Pledge

I promise to play the game with great courage and never make excuses.

I will play with great intensity and give everything I have.

I will finish plays and never give up.

I will take responsibility for my actions and inactions.

I will continue to push my teammates and myself to be the best in academics, athletics and in life.

I will respect my parents, community, and school and be a proud citizen of East Longmeadow. I will support my teammates and treat them as family.

I will enjoy myself and make football fun for everyone.

I would like to encourage all players, coaches and fans to celebrate the success of our football team and our opponents in a positive atmosphere.

Sportsmanship is a key ingredient in understanding the value of athletics.

Robert Fulghum once wrote . . . "Don't worry that children never listen, Worry that they are always watching you".

Finally, good luck to everyone associated with Western Massachusetts football and most importantly . . .

Go Spartans!!!

Coach Raymond