

I, swimmers name  
with all sincere intentions,  
do hereby, in the presence of  
my teammates,  
commit myself to attaining the  
rank of rank by spring Initiation.  
I understand this is a lofty  
aspiration,  
and so, I am asking you,  
my friends to support, correct,  
encourage and hold me  
accountable to this pledge.  
I am also willing to stand by  
you as you strive towards your  
heart's desire.