



SOCIAL MEDIA POLICY

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during your athletic career, later in life when you enter the work force or other aspects of your daily life. As a member of Bolts High Performance, you also have the added responsibility to represent our investors and sponsors in a manner consistent with good citizenship.

Recognizing the above:

Members of the Bolts High Performance Program will take responsibility for their online profiles, including any posts, photos, videos or other recordings posted by others in which the member appears.

Bolts High Performance members will not degrade any opponents before, during or after games.

Bolts High Performance members will post only positive things about teammates, coaches and officials.

Bolts High Performance members will use social media to promote the abilities of their team, their community, themselves and the sponsors and partners of Bolts High Performance.

Bolts High Performance members will ignore any negative comments about them made on any social media platforms and will refrain from retaliating.

If a member of Bolts High Performance becomes aware of a potentially negative post by a teammate, they will alert their parents and coach(es) immediately and confidentially.

Bolts High Performance members will represent themselves, their families, investors, sponsors and their community always in a positive way on social media.