



## Team Rules and Code of Conduct

The following rules and codes of conduct are to insure that parents, coaches, and volunteers are on the same accord for the well being of our athletes.

### 1. REGISTRATION

- A. All registration paperwork must be completed and returned before the athlete is allowed to practice
- B. A copy of the athletes birth certificate must be submitted with the registration form. No athlete will be allowed to compete without a birth certificate on file (This is an AAU regulation).
- C. Payment is expected at time of registration. Athletes will not be registered for any meets unless all fees (registration and competition) are up to date or alternate arrangements have been made with the Head Coach.
- D. Registration fees are refundable until uniforms have been ordered. After uniforms have been ordered partial refunds may be available depending on circumstance and at the discretion of the head coach.

### 2. PRACTICE

- A. Practice will begin on time. Athletes will be required to attend all practices and be on time. Please inform the coaches if something comes up where the athlete is unable to attend.
- B. Athletes will be required to do all workouts designated for practice. If you athlete has any temporary medical condition that will prevent them from giving 100% during practice please allow them to stay at home and rest.

### 3. ATHLETE'S CODE OF CONDUCT

- A. No athlete will be allowed to act unruly or disrespectful to coaches, volunteers, team parents or other athletes.
- B. No teasing of teammates.
- C. As you travel through life, you will learn that you don't have to be friends with everyone to do get the job done. We understand that certain personalities will sometimes clash. If there is someone on the team that you don't care for, you are still expected to respect that individual and work together as a team.
- D. No gossiping about other teammates.
- E. If have a problem with a fellow teammate and you cannot settle your disagreement privately and with respect, please talk to one of the coaches to try to get the problem resolved.
- F. No arguing among teammates. **ABSOLUTELY NO PHYSICAL FIGHTING.**
- G. **ABSOLUTELY NO ARGUING OR FIGHTING WITH ATHLETES FROM OTHER TEAMS. SAVE IT FOR THE TRACK.**
- H. **PUBLIC DISPLAYS OF AFFECTION:** We have athletes of all ages on the track team. It is the older kids responsibility to set a proper example for younger children. We know that it is human nature to be attracted to other athletes. We only ask that you do not show any public displays of affection during team activities or while under the team tent. Kissing, sitting on laps, sitting in between legs, feeling, rubbing, etc is prohibiting while participating in team activities.
- I. **TRACK MEET DRESS CODE:** All athletes are required to arrive at competition in full uniform attire. (Uniform, t-shirts, warm-ups, etc). During the day as the temperature rises the attire can change to warm

up pants and t-shirt. For those athletes with speed suit attire, you will not be able to walk around in just your speed suit unless you are ready to compete.

#### 4. DISCIPLINARY ACTION

All minor offenses such as horsing play, talking during instructional time, insubordination, and minor disruptions will result in extra workouts. (Extra laps, push-ups, etc.) All other offenses that are listed in Section 3 will result in disciplinary action.

- 1<sup>st</sup> offense- Counseling session with the coaches.
- 2<sup>nd</sup> offense- Private conference with parents.
- 3<sup>rd</sup> offense- One day suspension from practice or scheduled track meet, written apology, as well as make up missed workout during suspension.
- 4<sup>th</sup> offense- Coach review for possible dismissal from the team.

#### 5. PARENT CODE OF CONDUCT

- A. Parents are asked to not interfere if your child is doing extra workouts for disciplinary reasons. Please save questions for after practice and approach the coach in a respectful way.
- B. Please reframe from discouraging words, threats, or profanity while your child is on the practice field. If you disapprove of your child's performance, please pull them off to the side, away from fellow teammates to avoid embarrassment. **Remember we're trying to build self-esteem among the athletes.**
- C. **NO SMOKING OR VISIBLE ALCOHOLIC BEVERAGES AROUND ATHLETES.** Part of our mission is to encourage good health among our athletes.
- D. Please approach the coach(s) with any workout or performance concerns you may have with your child. Try to refrain from discussing dislikes with other parents because they can't solve the problem.
- E. Try to stay out of disagreements with athletes concerning your child. We are all sensitive about our children. It is best to let the coaches handle these issues because they are neutral parties.
- F. If there is a parent that is continuously causing disruptions, and starting chaos among the team that parent and child will be asked to leave the team.
- G. All athletes are required to stay in the team tent area. If parents allow their child to leave the tent area or sit in a different area away from the team then it will be your responsibility to insure that he/she checks into their events on time.
- H. **PARTICIPATION IN OTHER NON-TEAM COMPETITIONS:** No athlete may enter another track meet competition that is not on the team schedule during the season unless they notify the coach (except for school events).
- I. **COMPETITION EXPECTATIONS:** Coaches will recommend the event(s) for individual participation. Athletes are expected to compete in all meets & events that he or she qualifies for.
- J. Please keep in mind that all coaches and administrative staff are volunteers. It is truly our wish to provide a phenomenal experience for you and your child. If you should ever have any questions, concerns, or suggestions we encourage you to seek out a member of the coaching or administrative team. This is your team, only you can help us make it better.