

TRACK XPLOSION
ATHLETES & PARENTS CODE OF CONDUCT



Athletes:

- I will arrive at practice on time ready to listen, work hard and learn.
- I will be on time to participate in warm ups and cool downs with the team.
- I will come to practice hydrated, and will bring water to practice.
- I promise myself to try my best at every practice and competition.
- I will support and encourage my teammates, and will treat them with respect and have courtesy to my teammates, coaches, officials and all participants.
- I promise to learn the rules of competition, and always compete by them.
- I will treat all equipment, fields, parks, courts and facilities with respect and adhere to all rules of these areas.
- I will attend practice and competitions prepared and having the appropriate equipment necessary to train and compete (shoes, implements, warm-ups, water bottle, etc.).
- I will promise to control emotional and verbal outbursts that are detrimental to me or those around me and will not use profanity or any obtrusive language.
- I will stay current with all school assignments and accept the role of being a conscious academic student athlete.
- I promise myself to not use an illegal performance enhancing drug, alcohol or tobacco products.
- I will respect myself and my parents at all times.
- No matter the outcome of a competition, I will always be a winner by giving my best and focus on having fun and a positive experience!

Parents:

- I will encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches and officials at every practice and competition.
- I will support coaches and officials working with my athlete(s) in order to provide an enjoyable and fun experience. Remember they are volunteers, giving their personal time and assisting at their own expense.
- I will demand a drug, alcohol and tobacco free environment for my child and assist by refraining from their use at all youth sporting events.
- I will remember that children are involved in organized sports for their enjoyment, not mine, and children need role models, not criticism.
- I understand that athletes have good days and bad days during the season; thus, I will focus on the positive and be supportive of my athlete(s) at all times.
- I will let my athlete(s) know that I am proud of their efforts and hard work at all times, regardless of the outcome.
- I will support the team and coaching staff by volunteering to help with practice, after practice snacks, banquets, competitions and hosting events.
- I will stay off the practice field/venue unless requested to help by the coaching staff. Walking on the track or fields used by the athletes during practice is a disruption to coaches and athletes during practice sessions.
- I will pick-up my athlete(s) on time or I will arrange to have my athlete(s) picked up on time, if unable to do so personally.
- I will direct business-related questions or inquiries associated with the operation of Track Xplosion after practice, not during or via e-mail.
- I will remain in the vicinity during practice, if my athlete(s) is less than 10 years old.

Track Xplosion is committed to providing a safe and fun environment for youth athletes to learn the sport of track and field. We reserve the right to ask your athlete to sit out a practice if he/she is disrupting a practice session and not behaving properly. If we need to ask the same athlete to sit out of practice more than three times he/she will not be allowed to come back to practice the rest of the season.

Athlete Signature: _____ Parent/Guardian's Signature: _____