



TRIANGLE CHAMPIONS TRACK CLUB (TCTC) ATHLETE'S CODE OF CONDUCT

The purpose of our club is to provide youth from ages 6 – 18 that are interested in track and field and cross-country events. It is the responsibility of the parent and athlete to abide by the code of conduct established by the Executive Board Members of TCTC. It is our philosophy to respect one another at all times.

The following are rules for conduct:

- *Maintain a positive attitude toward the athlete's training.
- *Maintain a healthy attitude towards winning and losing.
- *Remember winning should be considered a by-product of a positive sports experience
- *Remember losing should be seen as an opportunity for change, learning, and growth.
- *Allow social development to teach honesty, respect, gracious winning and losing, and being responsible for your own actions.
- *Remember that we are champions on the track and off the track. We are to always lead by example.
- *Use this sport as a vehicle or source of fun for all ages; however, those that compete, as a positive training venue.

DO'S

Communicate with respect
Exhibit self-control
Integrity/Lead by example
Punctuality
Proper attire for practices
Dress Code for Meets (Uniforms)
Courtesy/Manners

DON'TS

Disrespectful behavior
Bad attitudes/Criticism
Lying/Misleading information
Unexcused Absentness'
NO sandals, flip flops, barefoot
Unauthorized dress code
Profanity or Obscene Behaviors
(language, signs, gestures)
NO drugs, alcohol, smoking,
fighting, stealing, gambling,
arson, vandalism, weapons, or
explosive devices (fireworks)
NO Extortion of money or property
NO Sexual Misconduct
NO Junk Foods or Sodas

Print Child's Name: _____ Signature _____

Parent/Legal Guardian's Signature: _____

Parent Responsibilities

- *Disallow your child/ren to be removed from the practice site; competition site; or travel site without permission from the coach or chaperone.
- *Inform your child/ren's coach in advance of any missed competition meets. Monitoring of attendance will be done by the staff at all practices and track meets to ensure safety, protection, and accountability for your child/ren.
- *Provide transportation to and from practices and track meets. Our staff will ensure that every child is picked up before leaving the premises.
- *Inform the coach of any special needs.
- *Refrain from over-training your child/ren by extended or outside training, unless approved by the head coach.
- *Refrain from coaching your child/ren from the side lines during training. Parents, please respect the coaches' and athletes' training time.

NOTE**It will be the coaches discretion to exercise disciplinary actions to the athlete, such as, suspension for a period of time or dismissal for any violations deemed necessary.

Any violations to these rules may be grounds for suspension or immediate dismissal from the club. I have read the above code of conduct for the parent and child and agree to adhere to the rules and responsibilities as the parent/legal guardian. I agree to allow my child to participate with the Triangle Champions Track Club and at any time I may withdraw my permission.

Date: _____

Print Parent/Legal Guardian's Name: _____

Parent/Legal Guardian's Signature: _____

***WHEN A TASK HAS ONCE BEGUN, NEVER STOP UNTIL IT'S DONE
BE THE TASK GREAT OR SMALL, DO IT WELL OR NOT AT ALL (ABT)***