



TRACK & FIELD YOUTH TEAM

CODE OF CONDUCT

Introduction

Atlanta Track Club Track & Field Youth Team strives to create a positive team environment that increases its member's athletic and life-skills development. In order to do so, Atlanta Track Club expects the actions of the team's members and parents to follow the rules, guidelines and expectations below.

Team Rules

Sportsmanship: All athletes and parents will act accordingly at any and all events while representing Atlanta Track Club. Athletes and parents agree to encourage others, be polite and respectful, and have respect for others and their property. Athletes agree to put forward their best effort in all meets and practices based on the instruction given by the coaches.

Behavior: All athletes and parents will use appropriate language while at practices and meets while behaving in a manner representative of Atlanta Track Club's values.

Communication: Athletes and parents agree to notify a coach if an athlete is going to miss practice, is developing an injury, or is participating in other sports or activities to ensure proper training for each athlete. Athletes and parents agree to stay up to date on all communication and instructions given by the coaches, and are encouraged to ask questions.

Guidelines

Practice Participation: It is expected that athletes arrive punctually at practice in proper running attire, with a positive attitude, and prepared for the workout.

Attendance: Attendance is not mandatory but it is encouraged. Athletes will only get better by putting in the work, and for that to happen athletes must come to practice. If your child is unable to make a practice, we ask that you let the coaches know.

Multi-Sport: We encourage team members to play multiple sports as this helps develop various muscle groups and enhance athletic ability as the child ages. We just ask that athletes who are playing multiple sports inform their coach. To create a proper training program for each athlete we must know what they are doing during non-practice and meet days. For example, if an athlete is running for 20 minutes during his or her easy days and playing multiple soccer games each week, they will not be sufficiently recovered for their workouts and meets. The coach needs to know of these kinds of situations in order to make proper adjustments to the athlete's schedule.

Injuries: Athletes must communicate to their coach any instances where they are experiencing prolonged pain.

Practice Expectations

1. Athletes are expected to bring their own supplies (clothes, shoes, water bottle, snacks) to practice. Coaches will bring extra fluids most practices, but it should not be relied upon. Athletes should also dress accordingly to the weather and day's workout.
2. Athletes are expected to complete the runs and workouts they are assigned. Skipping these will limit an athlete's improvement. Additional training done without the coaches knowledge can be detrimental.
3. Parents are welcome to attend all team practices and to engage with the coaches and athletes in a positive manner. Parents are asked to respectfully discuss concerns regarding training or policies privately with coaches. Atlanta Track Club believes that positive reinforcement breeds success.

Meet Expectations

1. All athletes will try their best, keep positive attitudes and strive to create the best environment for themselves and their teammates.
2. Atlanta Track Club requests parents to defer all competition strategies to the coaches. Discussion directly with an athlete regarding expectations is discouraged. Positive experiences will result in long term participation and greater improvement. Athletes wishing to discuss strategy or experiencing pre-race anxieties should be directed to a coach.
3. During meets, parents are expected to positively support the team's athletes and our competitors. Opportunities to assist with meet preparations and set up will be communicated as competitions approach.
4. Parents will only register for meets that they are certain their child will be competing in. If your child will not be able to compete in a meet he or she is registered for, let your child's coach know at least 24 hours before the meet.

Consequences

Failure of athletes or parents to uphold team expectations will first result in a warning. The second offense will result in having to leave that day's practice or meet. The third offense will result in suspension or expulsion from the team.



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Athlete's Name: _____

Parent's Name: _____

I hereby acknowledge that I have read and understand the Atlanta Track Club Cross Country Youth Team Code of Conduct policies and procedures and will follow them to the best of my ability.

Athlete's Signature

Date

Parent's Signature

Date