

## FULL SPEED ATHLETICS TRACK CLUB CODE OF CONDUCT POLICY

### PARENT'S CODE OF CONDUCT

All Parents/Guardians who have children participating with Full Speed Athletics Track Club must abide by the following code of Conduct. Any violations of these rules or any Full Speed Track Club rule will result in immediate expulsion.

- ✦ I/We agree to be a positive role model and to make sure my child has the best athletic experience possible.
- ✦ I/We agree to encourage good sportsmanship by demonstrating positive support for all athletes, coaches, officials, and administrators at all time.
- ✦ I/We agree to support the coaches, officials and administrators working with my child in order to encourage a positive and enjoyable experience for all.
- ✦ I/We agree to ensure my child treats other athletes, coaches, officials, administrators and fans with respect.
- ✦ I/We agree to allow the coach to be the only coach; providing contradictory instruction may conflict with the coach's plans and strategies.
- ✦ I/We agree to notify a Coach/Team Manager if my child is unable to make a scheduled track meet.
- ✦ I/We agree to notify a Coach/Team Manager prior to leaving a track meet early.
- ✦ I/We agree to show respect for the coaches, support groups, spectators and opposing athletes.
- ✦ I/We agree to praise all FSA athletes in their attempt to improve themselves as students, as athletes and as people.
- ✦ I/We agree to take time to speak with coaches in an appropriate manner, to include proper time and place. If there is a concern, be sure to follow the designated chain of command. (Team Manager, Assigned Coach, Head Coach).

### ATHLETE'S CODE OF CONDUCT

Given our belief the Athletics provides a unique opportunity for the development of physical conditioning, athletic skill, and character traits, we expect every Full Speed athlete to adhere to the following rules:

- ✦ **For the safety of the team, all athletes should remain in the confines of the team camp during competition, athletes under 13 years of age, must be accompanied by an older team mate, coach or parent to the event check in area, bathroom, or food court.**
- ✦ I will show respect for Coaches, Officials, Parents, and Opponents.
- ✦ I will observe the rules of the sport in spirit as well as in letter.
- ✦ I will give an honest and sincere effort at each practice, and in competition.
- ✦ I will work to develop the skills necessary to participate competently in track and field.
- ✦ I will observe all rules of behavior set forth by AAU and USATF Potomac Valley Association of Track and Field.
- ✦ I will be subject to disciplinary action for conduct detrimental to the team.
- ✦ I will stay in the designated area during track meets and will not leave without informing a Coach/Team Manager.
- ✦ I will compete in the designated FSA uniform unless prior approval is received from the Head Coach.
- ✦ I will show team spirit, encourage others and contribute to good morale.
- ✦ I will set a good example for teammates, and younger athletes.
- ✦ I will accept responsibility for consequences of actions, to not make excuses or blame others.
- ✦ I agree to accept losing and winning graciously; by congratulating opponents and by not sulking or displaying other negative behaviors.
- ✦ I will control anger and frustration and refrain from displays of temper and bad language.