

Track & Field Code of Conduct

**Players**

1. Listen to your Coach – he will help you to learn and have fun!
2. Attend all practices – Work hard to improve your skills
3. Be a Team Player – get along and support your teammates.
4. No cursing – No FIGHTING - No taunting.
5. Learn teamwork, sportsmanship, and discipline.
6. Be on time for all Team events – practices as well as Track Meets.
7. Learn the rules and follow them. Win or lose, always be a “good sport”. Improving on skills, times & attitudes are equally important goals.
8. Respect your coach, your teammates, your parents, competitors and Meet Officials.
9. NEVER ARGUE WITH A MEET OFFICIAL’S DECISIONS

**Parents / Spectators**

1. Display, at all times, good sportsmanship. ALWAYS respect competitors, coaches, and Meet Officials.
2. Act appropriately – DO NOT taunt, boo or in any way, disturb other spectators.
3. Cheer in a positive manner and encourage fair play – NO PROFANITY OR OBJECTIONABLE GESTURES!
4. At Track Meets, STAY – AT ALL TIMES IN THE STANDS.
5. Parents: Encourage your child to play by the rules. Remember, the children learn best by example, so applaud the performances of ALL athletes.
6. Applaud good performances and always reinforce the positive points. It helps to remember the competition is for the athlete.
7. Never yell or berate your child after a game or practice session – it is very destructive.
8. Be a “good neighbor” at Track Meets – don’t leave a mess behind in the grandstands.
9. Recognize the importance of the coach. They are very important to the development of your child and the support. Communicate with them and support their efforts. Feel free to discuss any problems or bring up any suggestions.