

Northwest Flyers Track Club

Code of Conduct

Code of Conduct – Coaches

- Respect our athletes
- Demonstrate positive open communication between coaches, athletes, parents & officials
- Reprimand or confrontation with an athlete will be restricted to the athletic domain and administered tactfully without insulting or using a derogatory tone
- The **Northwest Flyers** will follow all USATF rules
- Acknowledge and demonstrate good safety in practices and events
- Demonstrate respect and ethical conduct in interactions with officials, other coaches, opponents and all others in the athletic setting
- Exhibit self-control in disagreements and emotional situations
- Criticism of other coaches, officials or athletes is inappropriate
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Support volunteer opportunities provided by the **Gulf Association / USATF** (e.g., volunteer support for school district, NCAA, and Olympic Development meets)
- Continually seek opportunities to improve skills as a T&F coach
- Do not smoke at practices or meets nor bring alcoholic beverages to any **Northwest Flyers** sponsored events
- Foul language will not be tolerated
- Be honest
- Have fun!

Code of Conduct – Athletes

- Arrive on time to practice and competitions
- Come prepared to practice by wearing proper shoes and attire; bring sweats in case the weather gets chilly; bring a towel or blanket to lay on during warm ups / cool down / ab workout if it's wet outside
- Ensure that you are mentally ready to train
- Hydrate, eat nutritionally and get plenty of sleep prior to practice and competitions
- The **Northwest Flyers** will follow all USATF rules
- Acknowledge and demonstrate good safety in practices and events
- Demonstrate positive open communication between coaches, athletes, parents & officials
- Positively support fellow **Northwest Flyers** team members at practice and in competition
- No gossiping or slandering others on the team
- Respect the **Northwest Flyers** coaching staff, **Northwest Flyers** team members, officials, other coaches and opponents
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived

- Support volunteer opportunities provided by the **Gulf Association / USATF** (e.g., volunteer support for school district, NCAA, and Olympic Development meets)
- Strive not only to be the best athlete but also the best student; keep your grades up
- Do not smoke, drink alcoholic beverages, use illegal drugs, and take USATF banned substances
- **Wear the team uniform neatly and properly at all competitions, wear proper attire when not in uniform during practice and competitions as determined by the host school facility dress code**
- Foul language will not be tolerated
- Be honest
- Have fun!

Code of Conduct – Parents

- Ensure your athletes arrive on time to practice and competitions
- Allow enough time to stay and support **all Northwest Flyers** team members at competitions
- Provide water, nutritional food and a quiet place to rest for your athlete
- Demonstrate positive open communication between coaches, athletes, parents & officials
- No gossiping or slandering others on the team
- Respect the **Northwest Flyers** coaching staff, **Northwest Flyers** team members, officials, other coaches and opponents
- **If a parent has an issue or concern, they should schedule an appointment to discuss with the coach and / or director – parents should not demand an immediate hearing at practice or a competition as this approach is generally confrontational and non-productive**
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Support volunteer opportunities provided by the **Gulf Association / USATF** (e.g., volunteer support for school district, NCAA, and Olympic Development meets)
- Do not smoke at practices or meets nor bring alcoholic beverages to any **Northwest Flyers** sponsored events
- Foul language will not be tolerated
- Be honest
- Have fun!

Parent Signature

Athlete Signature