

## NORTH WAKE TRACK CLUB CODE OF CONDUCT

Young men and women who participate as part of the North Wake Track Club (NWTC) represent the North Wake organization, the Raleigh/Wake Forest community, and most importantly their families. We expect North Wake athletes to demonstrate **character, high moral standards, leadership, responsibility** for one another, and serve as ***role-models*** for other youth in the community. On and off the field, during trips and competition, we accept nothing less than the best standards of behavior. We must be gracious in victory and accept defeat just as graciously. In addition, for the safety of everyone, we must always look out for one another.

The following rules of conduct have been adopted by the Executive Board of the North Wake Track Club:

1. Curfew will be set by the Head Coach and chaperones for each day of a respective competition and will be ***strictly enforced***.
  - a. Curfew time is the time that athletes are to be in their assigned rooms. At bed check, athletes are to be in their beds with lights, TVs, radios, walkman, and any other electrical or battery-powered appliances OFF (all social phone calls end as well).
  - b. A violation of curfew or bed check will result in disciplinary action as determined by the Head Coach, chaperones and Executive Committee.
2. Striders may socialize in designated, approved, chaperoned areas.
  - a. There are to be ***ABSOLUTELY NO*** boys in girls' rooms and no girls in boys' rooms.
  - b. A violation of these rules is grounds for ***IMMEDIATE EXPULSION*** from the team and suspension from further participation in competition or in the North Wake program.
3. ***ABSOLUTELY NO*** drugs or alcoholic beverages are to be in the possession of any team member at any time.
  - a. A violation of this rule will be grounds for ***IMMEDIATE EXPULSION*** from the team and termination of further participation in competition.
4. Athletes are to remain in the confines of the dormitories/motel/competition areas unless accompanied by a chaperone or authorized by their respective chaperone(s) to leave.
  - a. Unauthorized and/or a not chaperoned absence will be grounds for ***IMMEDIATE EXPULSION*** from the team and termination of further participation in the competition.
5. Willful destruction of property, illicit behavior, and fighting will be grounds for ***IMMEDIATE EXPULSION*** from the team and/or severe disciplinary action.
  - a. There will be no public use of profanity or vulgar language.
  - b. Disrespectful behavior towards coaches, chaperones or any other responsible adults will result in ***IMMEDIATE*** disciplinary action.
6. Athletes do not leave the premises of track meets (even with parents) without informing a coach/chaperon, or except as authorized by the Head Coach or his/her designee.
7. Athletes will compete in ***ONLY*** the designated NWTC's uniform/jersey unless prior approval is received from the Head or Age group Coach.
  - a. Wearing/ shorts/ tops/ unitards deviating from the North Wake team uniform will be grounds for disciplinary action.

Child's signature \_\_\_\_\_ Date: \_\_\_\_\_

Print Name \_\_\_\_\_

## **PARENTS' RESPONSIBILITIES**

1. Parents are not to remove their children from the practice field, competition site, the bus, etc. without letting the appropriate coach/chaperone know.
2. Coaches will monitor attendance at practice, at track meets, etc., to provide safety and protection for your children. Parents are to inform your child's coach (is) in advance if your child will be missing a practice.
3. Parents responsible for providing transportation for their children to and from practice, to insure safety and protection. Parents are responsible for getting your children to practice and picking them up from practice on-time. Coaches will **NOT** leave the premises of the track until **ALL** children are accounted for.
4. Parents are to inform the coach of any special needs your child may have.
5. Parents are not to conduct additional training/practices with your child (ren) during Striders season unless discussed with and approved by your child (ren)'s coach.
6. Parents, coaches, adult volunteers, and friends of the North Wake Track Club must be role models for children by conducting themselves as responsible, moral, ethical adults worthy of the respect and emulation of children.

I have read the above code of conduct (for parent and child) and I agree to follow and give permission (as the parent/legal guardian) for my child to participate with the North Wake Track Club. I understand that I may withdraw my permission for my child (ren)'s participation at anytime.

Parent/legal guardian signature\_\_\_\_\_

Print name:\_\_\_\_\_

Date:\_\_\_\_\_