



VALLEY UNITED STRIDERS
A Division of the Valley Youth Conference

CODE OF CONDUCT FOR ATHLETES AND PARENTS

1. All members of the Valley United Striders will show respect to other members of our club and all other clubs, be that person an athlete, coach, parent or other. Discipline problems are **disruptive** to the club and will **not** be allowed. Problems can lead to dismissal without refund.
2. The use of profanity and/or a defiant attitude toward meet officials, coaches or teammates are **NOT** permitted. A violation in this area, **either by a parent or athlete**, will result in the athlete=s disqualification from a meet. Repeated violations in this area could result in other disciplinary actions such as dismissal from the club without refund.
3. Unsportsmanlike conduct towards other athletes will be grounds for disqualification from a meet and/or removal from practice. Athletes should be respectful in all aspects of their sport. They are encouraged by their coaches to congratulate fellow athletes. We expect the parents to encourage this behavior as well.
4. Practice begins and ends at a specified time. Parents should **make every effort** to ensure their child is brought to practice on time and properly attired in a loose shirt, sweats and/or shorts, running shoes **and** a light weight jacket **with a hood**. If they elect to leave during practice, they should arrive approximately 30 minutes before the end of practice to pick up their child so that everyone can leave the field on time. **Coaches should not be responsible for waiting with an athlete until a parent arrives. Please be considerate and pick up your athlete on time.**
5. All athletes must participate in all phases of the warm up and cool down at all times.
6. Each athlete is expected to finish every practice session that he/she attends. If an athlete has to leave early, his/her coach **must** be notified prior to leaving the field.
7. The make-up and order of the relay teams are **SOLELY** the decision of the coaching staff. The athlete=s running ability is only **ONE** factor. Other considerations include, **but are not limited to**, sportsmanship, attendance at practice and attitude of the athlete.
8. Athletes should always check their equipment and track facilities before they compete. If a dangerous condition is detected, it should be reported to a coach or event judge immediately.
9. Always watch out for other athletes on the track and field. **Do not walk across the track or field when athletes are running an event.**

I have read the rules of conduct that are expected of me. I agree to adhere to these rule at all times while involved with the Valley United Post Season Team, both at practices and at the meets.

Date: _____

Athlete Signature

Parent=s Signature