

Code of Conduct:

Athletes:

Arrive at practice ready to listen, learn, and work.

1. Be supportive of all athletes on your team.
2. Show respect to all.
3. Learn the rules and always compete by them.
4. Use only appropriate language, show sportsmanship.
5. If you've tried your best, you are always a winner.
6. Have fun!

Parents:

1. Model good sportsmanship.
2. Place you child's well-being above the desire to win.
3. Support coaches and officials working with your children.
4. Demand a drug and alcohol free environment.
5. Participate in the lives of your children. Volunteer.

Coaches:

1. Place the well being of all athletes first.
2. Remember you are a youth coach, and meets are for kids.
3. Do your coaching at practices, not at meets.
4. Teach sportsmanship and fair play.
5. Show respect and courtesy to all.
6. Teaching honest effort is more important than victory.
7. Organize practices that are fun and challenging.
8. Know the rules of each event, and teach them.

Zero Tolerance Policy:

To ensure the safety of our youth, the Willamette Striders Track Club enforces a zero tolerance policy towards behavior not suitable for team athletics. While coaches will teach and supervise activities, athletes are responsible for safe and appropriate behavior. It is expected that athletes will come to practice with a willingness to learn and a positive attitude. Coaches are there to instruct, not baby sit. If there is a problem, the athlete will be asked to sit out. Coaches have the authority to expel any athlete for inappropriate behavior (i.e. fighting, bad language, poor sportsmanship, etc.)