

HIGHLANDS TRACK AND FIELD CLUB

Code of Conduct



ATHLETE EXPECTATIONS

Athletes will:

- Arrive on time for practice and come ready to work.
- Make a commitment to their training and self-improvement. Athletes should make an effort to attend at least 75% of practices if they are going to take a spot on the team.
- Come with proper training attire. Proper footwear and athletic clothes must be worn. No athletes will participate barefoot or in socks, Crocs or sandals. All sports bras must be covered. Boys must wear a tank top or tshirt.
- Follow instructions and protocols for safety. Athletes will not attempt to use equipment they have not been given permission to use and received instructed on safety and technique e.g. jumping hurdles, throwing implements
- Use club equipment properly and respectfully. Athletes will be expected to aid in cleaning up and properly storing equipment after use at practice and use it appropriately during practice.
- Speak to one another and coaches and staff in a respectful and courteous manner at all times. No coarse, obscene, or derogatory language or put-downs of others.
- Uplift and support their teammates. They are your allies in training, competition and life. If athletes are not interacting positively with each other or there is an issue with another athlete, athletes will inform a coach who will address it. Athletes will only speak about their teammates in a positive and encouraging manner in person and in any written communications or on social media.
- Approach training with a positive, growth mindset, even when the physical nature of the training may be challenging. Please keep all complaining to a minimum as it negatively affects the mindset of other athletes. Approach training with an “I can” attitude and recognize we grow from doing hard things.
- Complete the workout set by the coach, including mobility and flexibility work, but...
- Listen to your body and be mindful of your personal limitations. Inform the coach if you are injured or feeling unwell. Don't push through pain or injury that may be detrimental to your health.
- Bring your body to practice ready to perform. Properly fuel and hydrate before and after workouts
- Bring your water bottle to every practice and any medications that may be needed.

- Come prepared to sweat and have fun.
- Be positive representatives and role models for our sport, club and community.

HTFC is a drug/alcohol/tobacco-free environment. Anyone found in possession of, or using these substances, will be suspended from training.

PARENT/GUARDIAN EXPECTATIONS

- Speak to one another, coaches and athletes in a respectful and courteous manner at all times. No coarse, obscene, or derogatory language or put-downs of others.
- Uplift and support the athletes and coaches. If athletes are not interacting positively with each other or there is an issue with another athlete, you will inform a coach who will address it. Parents will please keep their communications about athletes, coaches and the club positive and encouraging. If there is an issue that arises, please talk to the head coach privately so it can be resolved in a way that maintains everyone's integrity.
- Support decisions and programming made by the coaches. We welcome thoughtful, curious questions about training that are asked in a respectful way in the spirit of learning.
- Please spectate from the stands at practice and do not enter the field of play unless there is an injury or an invitation from a coach to assist at practice. Parents/guardians that are present may be asked at times to support the coaches with set-up, timing, etc.
- Be a positive representative of our sport, club and community.
- Refrain from smoking anywhere in the vicinity of the track or athletes. Smoking is not permitted on school property where we train.