

## **NPHS TRACK & FIELD STUDENT ATHLETE CODE OF CONDUCT**

***I will be respectful to my parents:*** My parents are the reason that I am able to be on this team. My parents are **NOT** responsible for my uniform, track bag, shoes, ANYTHING that I need for the day. I will be ready & prepared in a timely manner if my parents are my transportation to and from track.

***I will be respectful to my teachers:*** My teachers have a very difficult job, but ultimately want me to learn the skills that I need for the rest of my life. I will act appropriately while I'm in school and in the classroom. I am a **STUDENT FIRST**. If I am not responsible for my actions in school, it will hurt me as an athlete.

***I will be respectful to my coaches:*** All of the track coaches have taken a lot of time to plan and spend time with me and my fellow teammates. They want me to be the best version of myself on and off the track/field. I will listen and not have my coaches repeat themselves.

***I will be respectful to my teammates:*** The other athletes I train next to have worked just as hard as me. I will respect their talents & opinions and do my part to build a family amongst my teammates. I will help them be the best versions of themselves, uplift them and be supportive.

***I will be respectful to the opponents.*** My opponents make me a better athlete. They give me the opportunity to learn patience & grace if they are hostile. I will be an example to my competitors of what good sportsmanship looks like.

***I will be respectful to the officials.*** I will respect the decisions of the officials and speak with Coach Rasheed or my discipline coach if I have any problems. I will always speak in a respectful tone to every official I come in contact with. I understand the RED COAT makes the final decision.

***I will be respectful to the bus driver.*** I will sit in my seat and follow the rules of the bus driver as we ride to and from meets. I will pick up after myself before getting off the bus.

### **AND FINALLY...AND MOST IMPORTANTLY,**

***I will be respectful to myself:*** I will work hard every day even when things are tough. I will show up to practice on time and prepared. I will work on taking full responsibility for my behavior on and off the track/field. I will do everything in my power to be present and learn what I need to do that day. I will give myself grace when things are not perfect and will not be boastful when they are. My hope is to be better than I was the day before.

## EXPECTATIONS & GENERAL RULES FOR ATHLETES

Maintain a minimum GPA of 2.0 & be passing 20 semester credits.

- Every member of the track team is EXPECTED to attend EVERY practice. However, if you are absent from school, you may not attend practices.
- **BE ON TIME:** This means dressed and ready for warm ups, announcements and attendance (taken during warm ups). If you are going to be late due to academic issues, school related events, you must contact your discipline coach. Arriving late without notification may result in an absence & no practice (for you).
- Athletes who have unexcused absences (of practice) during meet week, WILL NOT compete in that week's track meet.
- **BE PREPARED:** PROPER running shoes (trainers), spikes for running events, hurdles and jumps, throwing shoes for throws events. Bring your water bottle, sweats/warm ups (top/bottoms) for cooler weather.
- All athletes are required to report all injuries to their coach. DO NOT LIE about your injuries. As a coaching staff, we must know of any pain going on so we can determine your training regimen.
- All athletes are to remain within the gate premises of the event unless given explicit permission/direction by discipline coach/head coach. Example: you cannot hang out in the parking lot, locker room, etc. without a coach's acknowledgement.
- **CONTRIBUTE:** Assist with break down, putting equipment away, help teammates clean up leaving the area better than how you found it. Take care of YOUR HOUSE and RESPECT the HOUSE of your host.
- Violations of good behavior on the track during practices or during a meet, may result in inability to compete or possible removal from the team by Coach Rasheed or the NPHS athletic dept.. Show good behavior and humility AT ALL TIMES. You not only represent your school, your team, your family, you represent yourself as an athlete and young adult. Ask yourself "How would my coaches describe me to a potential college recruiter, a personal reference for a college application or job interview?"
- Have FUN and enjoy your season!

**Sign and return to Coach Rasheed**

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\_\_\_\_\_  
Student Athlete Name (printed)

\_\_\_\_\_  
Student Athlete Signature

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