

Etowah Youth Track & Cross Country Club - Fall 2010
RULES & CODE OF CONDUCT

Cross Country is about doing YOUR personal best. You may not be as fast as the next person, but it doesn't matter. We only look for you doing YOUR best. In order for you to accomplish this, there are some rules your Parents and you as the Athlete need to follow.

Code of Conduct – Parent

1. Encourage good sportsmanship.
2. Support EYTC by volunteering to help at meets, fundraising events and practices.
3. All children who are involved in cross country need your encouragement and support, not criticism. Please help your child and others succeed by being a good role model.
4. Try to have your child attend as many practices as possible. It will only help your child.
5. Arrive on time for beginning of practice and if you leave prior to the end of practice please return 15 minutes before practice ends.

Code of Conduct – Athlete

The penalty for not following the rules below would be:

sitting out at practice or we may send you home.

1. Do your best at every practice by being on time and putting forth YOUR 100% effort for that day. Every day you will feel different but we want 100% of you for that day.
2. Arrive ready to listen, work hard and learn. No laziness or complaining.
3. Be respectful of your coaches, teammates and competitors.
4. Use appropriate language, no foul language permitted.
5. Cheer and support your teammates during the meets.
6. Follow the rules and directions of your coaches. They are in place for your safety.
7. When running longer distances off campus or on trails, ALWAYS use the buddy system.
8. Dress appropriately. No jeans, jean shorts, or shoes other than running shoes/flats. No turning down of shorts. The proper attire is athletic shorts, shirt, socks and running shoes.

If these rules are not followed, you may be released from the club with **no refund of fees**. It is very important to follow these rules for the benefit of the Club and safety of your teammates and yourself.

We will abide by these rules:

Parent Signature

Date

Athlete Signature

Date