



Agreement of Commitment and Attitude

Athletes and parents must be willing to accept coaches' and officials' word as final and to show politeness and respect to these individuals and other athletes at all times.

Athletes and parents should recognize that for the maximum success of the coaching program, and the development of the athletes, regular attendance and a positive attitude towards practice is required.

The coaches reserve the right not to accept an athlete into the program, or to terminate an athlete's participation in the program at any time.

Once the program commences, there will be a trial period of two weeks. Parents or coaches can terminate the agreement during this time and a full refund of the registration fee will be given.



USATF PARENTS' RULES

1. Be prompt in delivering your child to practice and picking them up.
2. Stay and watch practices and lend your support in a positive manner.
3. Build an attitude of "doing your best" and "being a good listener". Make your child feel important and let them know that they are contributing to a team effort. (Good Sportmanslike Conduct)
4. Allow your child to be a child and enjoy the experience without pressure from you to perform.

It is your coach's responsibility to maintain order in his/her team's area. If your behavior is loud, rude, or detrimental to the team, you will be asked to leave. If you choose not to behave, the official, meet director, coach, or meet referee may choose to remove you from the premises, regardless of the time remaining. Remember you are not a runner; you are just a spectator! Your bad behavior can adversely affect the outcome of the meet. Your positive support and enthusiasm can be an asset to your child's team.



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- 5. In competition, someone always loses. Parents encourage your child to win gracefully and not boastfully. If your child loses, do not allow your child to become negative.
- 6. Purchase a USATF rule book and study it with your athlete. It is always best if you know the rules so that you can make sure everyone is following them.

GUIDELINES FOR TRACK

- 7. Too much competition or competition too soon can slow down a child's progress in skill development.
- 8. Make fun and technique development your first priority.
- 9. Your child's coach will need all the support and help you can offer. Please make yourself available and volunteer at practices or at the meets in your spare time. **But, let the coach do the coaching!**
- 10. Disagreements with the coaches and/or officials do not belong on the track or in public areas surrounding the track. Questions, input, and positive suggestions should be voiced to the coach however; the youth/athlete should not be present.
- 11. The overall purpose is to enjoy the event and the opportunity to be with your child as he/she learns and participates in the sport.

Giving one's best makes you a winner!

I/We have read the **Agreement of Commitment and Attitude** and the **USATF Parents' rules** and agree to abide by these rules.

(PARTICIPANT SIGNATURE) _____
(PRINT NAME) ____/____/____
Date Signed:

I represent that I am the (parent)/ (guardian) of the above named minor (under 18 years of age) person. I hereby consent to the foregoing on his/her behalf.

(PARENT/GUARDIAN SIGNATURE) _____
(PRINT NAME) ____/____/____
Date Signed:

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