



**ATHLETE CODE OF CONDUCT
(MANDATORY FOR ALL ATHLETES TO READ, INITIAL & SIGN)**

PRINT Athlete Name: _____

To be an active member of the Camden Clock Chasers Track Club, I do hereby agree to the following:

1. ____ I will follow through with all practice routines and workouts as instructed.
2. ____ I will attend all practices each week unless otherwise communicated and/or approved by a coach.
3. ____ I will not enter the school at the practice site unsupervised or without prior permission.
4. ____ Athletes are required to come prepared for practice and wear proper attire during practices, [*ex. Running Shoes (no basketball or canvas shoes), T-Shirts, mid-thigh Shorts and/or Sweat Pants, Sweat Shirts*]. No Jeans/Pants, Skirts/Skorts, or Halter Tops.
5. ____ I will present the Club with a copy of my birth certificate.
6. ____ Upon arriving at the meets, I will report to the group's designated meeting place and stay until all instructions and warm-ups are completed. If I am hurt and not able to perform in one of my events, I understand that I will also not be allowed to participate in the relay if I'm on one, unless instructed by the "Head Coach".
7. ____ I will not leave the team area during a meet without first checking with an assigned adult and/or coach.
8. ____ I will respect and obey instructions given by any coach, parent or adult assigned to supervise the team. If I do not abide by these rules, there will be warnings. **First Warning:** *Suspension from practice;* **Second Warning:** *Suspension from the next track meet;* **Third Warning:** *Expulsion from the team and parent notification.* I will have respect and regard for fellow team members and opponents. I will exhibit sportsmanlike behavior at all times.
9. ____ I will always warm-up and stretch for 20 minutes before participating in each event.
10. ____ I will be responsible for listening and reporting on time when my events are called.
11. ____ I understand that relay participants may change each week (based on times or run offs) and that if I am removed or added, I will willingly support the team wholeheartedly.



12. ____ I will eat breakfast on meet day.
13. ____ I will bring lunch and/or money for food/drinks to meets. (if team list is not done for meet)
14. ____ I will help clean up the team area before leaving at each meet.
15. ____ I will turn in any C3 property at the end of the season, that has not been paid for.
16. ____ I will support an alcohol and drug free environment; Alcohol, tobacco and drug usage is an automatic expulsion from the C3 Track Club.
17. ____ Vandalism, extortion, theft will not be tolerated. I will not take any items, including uniforms, warm-ups, personal property, from anyone. Any unclaimed items found at practices or meets will be turned in to a coach/staff for Lost & Found.

****If you cannot abide by these rules, then please do not register for this Club.**

I understand that failure to comply with any of the rules could result in a length of suspension, no less than one week, up to possible permanent suspension from the Club. I understand that if I am suspended, I cannot participate in any activity/events involving the Camden Clock Chasers Track Club until the suspension has ended.

Athlete Signature _____

Date _____

Parent/Guardian Signature _____

Date _____