



Athlete Code of Conduct /5 Bs

Members of the Rancho Belago Elites Track Club are required to conduct themselves in an appropriate manner that reflects the belief and philosophy of the club. Rancho Belago Elites Track Club members are required to:

1. Be Prepared

You must be prepared by coming to practice on time. Be honest, respectful and reliable at all time.

2. Be Positive

Please bring a positive attitude to practice every time you show up. Avoid any behavior that may be misunderstood or misinterpreted by others. Dedicate yourself to improving, both as a student and as an athlete.

3. Be Respectful

At all times you should respect yourself, teammates, coaches, and parents. Set the example for other athletes to follow and maintain self-control at all times. Treat everyone with respect and show good sportsmanship both on and off the track.

4. Be Productive

You need to be productive at practice and at school. You should always give your best at all times. There is no room or time for horse play at practice.

5. Be Responsible

It is your responsibility to ensure that you have all your equipment for track meet as well as for practice. Items such as warm ups for cold days and nights; uniforms; running shoes; (Girls' sports bra); water bottles; and make sure you are eating the right foods. Maintain a (2.5 GPA or higher) Refrain from using profanity. Make a commitment to train and follow through with that commitment.

Consequences for not following the 5 B's

1. Warning
2. Head Coach will talk with the athlete and parents.
3. Athlete will be terminated from the program and no refunds will be given back to parents.

I have read and understood the requirements of this Athlete Code of Conduct. I understand that I am expected to perform according to these codes.

Parent/Legal Guardian/Athlete Signature: On File (Acknowledgement Form (10))

Date: _____