



# Code of Conduct



We understand the Randolph Roadrunners Track and Field Club is committed to teaching the correct basic skills, running and conditioning, which are the foundation for all sports. If discipline is the issue, they will enforce the **THREE STRIKES, YOU'RE OUT RULE**. The athlete will receive counseling and will be sent home. The parent must speak with the coach before the athlete can return. If it happens a third time, the athlete's AAU card will be pulled and the athlete will be removed from the club.

I will participate in all practices, unless otherwise discussed with coaches prior to practice.

I will come to practice prepared by bringing my water, running shoes, and event specific equipment and footwear.

I understand that my practice attire will not allow for a bare midriff (e.g. no crop tops or practicing shirtless).

I understand unexcused tardiness and absences can result in being removed from group relays and possibly the club if these are excessive.

I understand as an athlete and parent/guardian the COACHES are in charge and will select the event(s) best suited for my child. I will make every effort to complete my workout.

I know if I willfully disobey my coaches, use bad language, get into a fight or argue with officials, I am subject to disciplinary action and possible ejection from the club. Fighting, pushing, shoving or disrespecting other athletes is not allowed.

During meets or competition, I will participate in events designated by my coach, unless injury or illness prevents.

If I feel ill or suspect I have an injury, I will inform my coach.

I understand no obscene material is allowed at practice or track and field meets.

As an athlete, I will not display any public affection while at practice or at track and field meets.

Our club requires that a parent or guardian remains on-site during practices and events. Drop-offs are not permitted.

As a parent/guardian, I will not criticize the club's coaches or helpers in the public presence of my child or other members of the club.

As a parent/guardian, I will assist the club with Volunteer activities.

As a parent/guardian, I will raise any concerns directly with the Head Coach in an appropriate forum.

I understand these rules will continue while being a part of this club, even during the AAU Junior Olympics.