



VA House of Speed Athletes Code of Conduct

All Athletes who participate as a part of the Virginia House of Speed Track Club represent not only themselves but the organization and their families. We expect all Athletes to demonstrate high moral standards, good character, sportsmanship, and leadership on and off the track and field. We expect all Athletes to be gracious not only in victory but in defeat as well.

- I will show good sportsmanship to players, coaches, officials, opponents, and parents at every meet and practice.
- I will be honest, fair, and respectful to others.
- I will control my conduct during club workouts, activities, and at races / events while at all times being respectful to all teammates and opponents.
- I will conduct myself in a manner that will ensure the safety of others so as to not reflect negatively on the club and its members.
- I will choose my words carefully and shall refrain from talking negatively about others when interacting with teammates, other running clubs and opponents when at club workouts, activities, races, or via the Internet in public forums.
- I will learn the value of commitment by participating in as many practices and meets as I can.
- I will encourage my teammates and praise good efforts.
- I will not use profanity, vulgar language, or engage in inappropriate behavior.
 - No excessive bickering and arguing will be tolerated – Absolutely NO fighting will be allowed
- I will arrive at practice in a timely manner and be ready to dedicate my attention to my coaches.
- I will respect the property of others.
- I will inform a coach or parent volunteer before leaving the premises during all practices and competitions.
- I will compete in designated House of Speed uniform or colors ONLY.

Athlete's Name Printed & DATE signed

Athlete's Signature