

## **Athlete Responsibilities**

- Athletes should remember they are representing themselves, their parents and the Trail Track & Field Club.
- Athletes are expected to act with integrity, dignity and within the spirit of good sportsmanship.
- Athletes must show respect for their team members, coaches, club executive, volunteers and officials.
- Cellphone use is prohibited during training sessions.
- Although track and field is an individual sport, the concept of providing leadership in the “CLUB” is important (i.e. watching other Club members compete and encouraging them). Older, more experienced athletes are expected to act as role models for younger members.
- Notify the coaches of any injury, illness or any other special consideration.
- Remember to say thanks and shake the hand of officials at the conclusion of competition.
- Follow the BC Athletics Code of Conduct.

## **Parents and Family Responsibilities**

- Respect the decisions made by club officials.
- Assist the coaches at training sessions.
- Encourage athletes to focus on personal bests, competitions, goals and expectations.
- Be respectful of all BCA Officials. Show them your appreciation with your thanks.
- Assist with the local Royal Canadian Legion Track and Field Meet.
- Follow the BC Athletics Volunteer and Spectator Code of Conduct.
- Volunteer when you can.

## Volunteer Commitment

- The Trail Track & Field Club is 100% run and coached by volunteers and therefore cannot operate without the generous help of all our members.
- It is expected that parents of all members or members themselves, if of age, will contribute a minimum of 15 hours of volunteer service per year.
- There are many different ways to contribute:
  1. Volunteer at the local Royal Canadian Legion Track Meet.
  2. Set up and takedown of equipment at practices.
  3. Help with measuring, timing and crowd control at practices.
  4. Help with any of the fundraising efforts, such as volunteering for the monthly Legion meat draws.
  5. Become a Board Member.

By signing below, I agree that I have read, understood and accept the above as outlined.

Athlete

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent / Guardian

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_