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2017-18 Team Rules & Expectations

Last Name	First Name	MI
Address		
City	State	Zip Code

By joining the team athletes are signifying that they will:

- Attend practice sessions regularly and participate in team events.
- Maintain a healthy diet that includes regular meals, healthy snacks and staying well hydrated – drinking lots of water.
- Get lots of sleep to restore energy levels and aid in recovery after workouts.
- Do well at school. Schoolwork is of the highest importance.
- Be on time for practice and meets.
- Give 100% effort at all times.
- Support teammates through encouragement and positive interactions.
- Measure accomplishment not just through placement in events but by other means as well (personal records, trying new events, etc.).
- Respect teammates, coaches and parents; especially other runners on the track.
- Complete goal sheets to support development of time management and goal-setting skills.

Parents and other caregivers are a vital part of the team. They are expected to:

- Be supportive and respectful of all the coaches.
- Support of our views of healthy eating and living.
- Volunteer time that can include chaperoning our young runners to meets and events, serving on the board, writing grant proposals, fundraising for the team and more.

Runner and Parent and/or Guardian:

This document must be signed by the Athlete and their Parent and/or Guardian before he/she is allowed to participate in practice sessions or meets.

I have read and understand all of the rules and expectations of the **Five Points Runners Track Club, Inc.**

Athlete's Signature _____ Date: _____

Parent's or Guardian's Name (PRINT) _____

Parent's or Guardian's Signature _____ Date: _____