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## 2013-14 Team Rules & Expectations

Last Name	First Name	MI
Address		
City	State	Zip Code

**By joining the team runners are signifying that they will:**

- 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.
- Attend practice sessions regularly and participate in team events.
- 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.).
- Be respectful of teammates, coaches and other parents.
- Especially respectful of 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 Runner and their Parent and/or Guardian before the runner 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**.

Runner's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent's or Guardian's Name (PRINT) \_\_\_\_\_

Parent's or Guardian's Signature \_\_\_\_\_ Date: \_\_\_\_\_