



Texas United Track Club Parent Communication & Conduct Guide

1. Purpose of This Guide

This guide ensures consistent communication, positive support, and appropriate conduct during practices and meets.

2. Communication Channels

- Team communication app is the primary communication tool.
- Messages regarding schedule, weather, and announcements will be posted there.
- Please check the app before contacting coaches directly.

3. Contacting Coaches

- Coaches are focused on training during practice and competition.
- Non-urgent questions should be sent by message in the communication app.
- Response time may be up to 24 hours.
- For urgent concerns during an event, speak to the Team Director or Site Coordinator.

4. Practice Expectations for Parents

- Parents are welcome to observe practice from designated viewing areas.
- No sideline coaching or correcting athletes during practice.
- Allow coaches to coach. This keeps messaging consistent for athlete development.

5. Meet Day Expectations

- Only athletes and coaches are allowed inside designated team areas.
- Parents should not approach officials, timers, or starter areas.
- Cheer positively and support all Texas United athletes.

6. Athlete Development Philosophy

- Focus on progress, not comparison.
- Effort, discipline, and consistency create long-term performance.
- Athletes develop at different speeds; trust the process.

7. Code of Conduct

- Use positive encouragement only; no negative criticism.
- Do not confront coaches, officials, athletes, or parents at meets.
- Any concerns should be brought privately to leadership after 24-hour cool-down.

8. Weather & Safety Policies

- Heat, lightning, and severe weather safety protocols will be followed.
- Schedule changes or cancellations will be communicated promptly.
- Parents must ensure athletes bring water, proper shoes, and attire.

9. Uniform & Brand Representation

- Athletes must wear assigned uniform pieces during meets.
- Parents are encouraged to wear team colors for support.
- All social media posts should reflect positive sportsmanship.

10. Acknowledgment

By participating in the Texas United Track Club, families agree to follow this communication and conduct guide.