



Athlete Code of Conduct

Commitment to Team Values

- I will show respect to coaches, teammates, competitors, and officials.
- I will display sportsmanship in victory and defeat.
- I will uphold the reputation of Texas United Track Club at all times.

Effort & Attendance Expectations

- I will attend practices and meets consistently and on time.
- I will communicate conflicts or absences in advance whenever possible.
- I will put forth my best effort in training and competition.

Behavior & Conduct

- I will listen to and follow coaching instruction.
- I will not use disrespectful language or behavior.
- I will contribute to a positive and supportive team environment.

Training & Health Responsibilities

- I will come to practice with proper shoes, water, and gear.
- I will notify coaches of injuries or health concerns immediately.
- I will take responsibility for my fitness, recovery, and hydration.

Social Media & Public Representation

- I will use social media responsibly and positively.
- I will not post content that disrespects the team, athletes, schools, or officials.
- I understand I represent Texas United on and off the track.

Acknowledgment

I understand that failure to follow this Code of Conduct may result in disciplinary action including reduced meet participation or removal from the team.

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



Scan to email your signed form to admin@texasunitedtrackclub.org

Note: You may also hand this to a coach at practice; we will scan and submit.