



THE ATHLETE'S PLEDGE

The Athlete shall:

All Athletes are expected to assume full responsibility for all of their actions. The Coaching staff believes that young men and women always have choices in how they conduct themselves.

The Athletes of the Texas Storm Track Club shall be referred to as Athletes and shall be responsible for and expected to:

- Abide by all Club by-laws, rules and decisions
- Be on time for all practices
- Arrange for transportation to and from practices and meets (inform the Head or Lead Coach in advance if a ride is needed so they can make suggestions for arrangements)
- Follow all Coaches instructions
- Respect all Team Member and Non-Team Members' feelings and personal property. Harassment, ridiculing and intimidation is unacceptable and will not be tolerated.
- Senior Athletes are expected to conduct orderly warm-ups during practices and meets. They also may be called on to assist younger members and Coaches at all meets and Club activities.
- Unless the Athlete has bought-out of fundraising for the season, it is mandatory that all Athletes attend and actively participate in all fund raisers. A lack of effort in supporting the team is considered grounds for dismissal.
- Proper hygiene is a requirement. Hair shall be neat and clothes clean.

- Improper dress will not be tolerated. During practice, loose fitting shorts shall not be worn unless leggings are worn underneath (this applies to both young women and men). All clothing shall be in a fashion that no private body parts are exposed.
- Good grades are important. Therefore, Athletes who are failing may be disallowed from participating completely or required to have a shortened workout until grades improve. If grades do not improve within a reasonable time, said Athlete will not be allowed to compete in meets or practice until further notice.
- The Head Coach or Lead Coach shall be notified in the event that a personal matter impacts an Athlete's ability to perform at practice or meets. Inform the Coaching staff of all injuries regardless of how minor it may seem.
- Loud language, loud music, music with profanity or derogatory language, tobacco products and illegal drugs shall not be tolerated and will be grounds for dismissal from the Team.
- Proof of a physical examination may be required before an Athlete can join the Track Club.