



Stratford Middle School Track Team **Character Counts-Code of Conduct 2014**

We believe that Character Counts is important in school and especially if you join a team here at Stratford. The expectations are much higher as teammates, coaches, teachers, and family are counting on you to do your best on and off the field. Parents/athletes please read over and discuss what the expectation is for each pillar. If you think you will not be able to honor that commitment, maybe track is not for you. If you sign this we expect you to honor the Pillars of Character!!

I am **RESPECTFUL** of my teammates, coaches, and opponents. I will listen to my coaches when instruction or directions are given. I will work at maintaining my positive attitude in all situations. I will not use profanity or make inappropriate comments towards teammates, opponents, or coaches. I will respect my body by avoiding the use of dangerous and illegal substances.

I am **LOYAL** to my school, coaches and teammates. I realize my obligation to the cross-country team first. Being prepared and ready to run in practice and meets takes high priority. Quitting the team does not fulfill that obligation. I will be on time and prepared to perform. I will arrive with an open mind, a willingness to learn, and a positive attitude.

I am **TRUSTWORTHY**. I will not spread rumors and I will keep confidential those things entrusted to me. I will keep commitments to my family, my coaches, my school, my team, and the community in which I live. If I will be missing a meet or practice I will let my coach know in advance.

I am **HONEST**. I will not lie, cheat, or break the rules. When I am unable to keep commitments, I will contact those who are depending on me to be there. I will not be deceptive in my speech, actions, or behavior. I will make an honest attempt to finish all workouts as instructed and compete in all races that I have entered in.

I accept full **RESPONSIBILITY** for my actions. I am committed to doing my personal best on and off the field. When things get tough, I will continue to focus on my goals. I am accountable for my actions. I need to come prepared for practice and meets. This includes uniform, sweats, shoes, jacket, and any other personal items I will need to bring. I will demonstrate self-control and sportsmanship at practice, during meets, in class, and throughout my life.

I will practice **FAIRNESS** in all I do. I will teach and model fair play. I will play by the rules and encourage my teammates to do likewise.

I am a **CARING** individual who shows compassion, kindness, and unselfishly attempts to treat others the way I would like to be treated. I will encourage others with less ability than I to do well in practice and in meets. I will demonstrate a caring attitude to others on the team by encouraging them at all times.

I will practice good **CITIZENSHIP** by playing by the rules, and respecting the authority of the officials and coaches. I will direct my emotions towards my performance and the meet, not at other runners, teams, or officials. I am aware that circumstances may arise that will not go in my favor and I will work hard at taking that decision and directing that energy at doing better the next time I run.

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Student/athlete signature

date

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Parent signature

date