



Meaford Coyotes Track Club



Rules and Code of Conduct

*Coaching and training with the team is free. There is a **one-time \$200 non-refundable membership fee**. This covers the cost of your team uniform + insurance fees through either Athletics Ontario or Ontario Minor Track Association.

*The **uniform consists of** an orange jacket, short sleeve tee, racing singlet and 1 pair of socks. Competitive high school AO fees are higher and annual insurance fees still need to be paid. If your uniform wears out, out-grown, or lost, you will need to replace those items. **ALL members are expected to have at least these items**, however there are many additional items available.

*For returning athletes, **at the beginning of each new year, a \$50 fee is payable**. This includes your annual insurance fees for MTA or AO recreational + a racing singlet. If you chose to upgrade the singlet or add more items, additional fees apply. AO competitive fees are also higher.

***Late fees of \$20** apply after 1 month of a new year.

***Positive attitude** is crucial to the dynamics of this team. No degrading or putting down of other members of the team at any time.

*Attending two **workouts** weekly is strongly recommended. Minimum of 1x/week is **mandatory**. Attendance is monitored.

***Minimum age is 7 years**.

*Following our recommended **training program** is encouraged for improvement.

*Parent[s] / Guardian[s] of kids under 12 years old are expected to be in attendance each time their child is at workout.

*Arrive on time for workouts.

*To be a team we need to look like a team. You will be **expected to wear your team uniform** to all races, practices and team events. Be proud to wear your team uniform.

*Please remember that you are representing yourself, your family, the Meaford Coyotes Track Club and your community. A **high level of maturity** is expected by everyone at all times. There will be no swearing, foul language, destroying of property, fighting, alcohol, smoking or drugs permitted at any time. This includes, but is not limited to training sessions, race events and team gatherings.

*You will never question the authority or decision of a race official or an event director. **If you have any questions or concerns**, please come to one of the coaching staff and address your concerns to us. We will deal with any issues as needed in a professional manner.

*For those who are in school, a **strong academic performance** is expected unless there are specific circumstances.

Meaford Coyotes Track Club

*For the **safety of all** coaching staff, board of directors, adults, and kids, all workouts and training sessions must have **at least 2 people present** in addition to the coach or the workout will be cancelled. If coaches, board of directors, or adults are driving Coyote members to an event, there must be at least 2 other people in the vehicle besides the driver, especially if there are male-female or adult-child occupants involved. Family members are exempt.

As a member of the Meaford Coyotes Track Club and to continue to participate in any and all activities associated with this club, I accept the above mentioned statements.

Signed:

Athlete: _____

Parent: _____

Date: _____