

# Napa Track Club Pledge

~ Every athlete and parent will be required to read and sign this pledge ~

Participation in the Napa Track Club program is a privilege that should elicit great pride in both the athletes and their family. It is also a responsibility that demands a big commitment. The Club expects our athletes to show the self-control it takes to follow directions, the self-discipline it takes to train hard, and the character to represent the Club, their teammates, and their coaches in a positive way. Standards of behavior are high and a willingness to live up to them is part of being a member of Napa Track Club.

**Basic Rule:** I will represent Napa Track Club with my personal best efforts, never bringing embarrassment or an unfavorable view to my teammates, coaches, family, or community.

## **“ATHLETE’S RIGHTS”**

1. Right to train in a safe and healthy environment.
2. Right to be properly prepared to participate.
3. Right to have a good role model as a coach.
4. Right to compete as a child and not as an adult.
5. Right to express my opinion in a proper manner to my coaches.
6. Right to equal opportunities to develop my skills.
7. Right to be treated fairly and with respect.
8. Right to have fun.

## **“ATHLETE’S PLEDGE”**

I promise to conduct myself in accordance to the following Code of Conduct at all times, understanding that there will be consequences if I fail to do so.

1. I will treat each athlete, coach, parent and official with respect and dignity.
2. I will do my best to attend all practices to learn all the fundamental skills.
3. I will attentive to my coaches
4. I will accept the calls of the officials and will play to the rules of the sport.
5. I will give my personal best efforts at all times to help my team and my coaches.
6. I will treat all equipment, fields, courts and facilities with respect and adhere to all rules of these areas.
7. I will control emotional and verbal outbursts that are detrimental to myself or those around me.
8. I will not use profanity.

**Penalty:** Abuse brings restrictions. A penalty may vary from a minimum of one day suspension from participating with the Club to permanent restriction for the season.

**\* BY SIGNING THE NAPA TRACK CLUB PLEDGE, THIS INDICATES THAT BOTH PARENT AND ATHLETE UNDERSTAND AND AGREE TO THIS RESPONSIBILITY.**

\_\_\_\_\_  
Athlete’s Name (Please Print)

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent’s Signature

\_\_\_\_\_  
Date