

**PANTHER
TRACK AND FIELD**



**ATHLETE
RULES, EXPECTATIONS
HANDBOOK**

PANTHER TRACK COACHES

Coach Miller (Head Boys- Mid-distance, distance,)

Coach Mitchell (Head Girls- Sprints, Hurdles, Strength, Relays)

Coach Lane (Sprints, Hurdles, Strength, Relays)

Coach Beal (High Jump, Long Jump, Tutoring- etc.)

Coach Bishop (Mid-Distance, Distance, Tutoring- etc)

Coach Jackson (Shot Put, Discus)

Coach Raupe (Hurdles, Sprint, Etc.)

Purpose Statement

The purpose of the **Putnam City North Panther track & field** program is to improve one's fitness and self-esteem through the accomplishments of goals reached by motivating yourself to improvement through hard work, dedication and teamwork while having fun.

Philosophy

Track and field is a unique sport in that it incorporates both team and individual competition. Although team points are kept, events, except for the relays, are done on an individual basis. The track athlete through his or her own good work habits can improve throughout the season by meeting individual goals and personal best times/distances in their events. The sport of track and field can be individually rewarding by improving your personal records throughout the year. But, like so many other facets of life, the harder you work and prepare the more success you will have. Each athlete should develop the attitude that they are going to improve each practice session. If not you are wasting your time, as well as coaches. Individual accomplishments are an important part of track and field, but as a "**Team**" sport winning conference, regionals, and the state track meet is the ultimate goal of the program. Athletes will be expected to be able to out run, out jump, or out throw every contestant each time you compete, but you can be a winner each time you compete by the effort that you give and the attitude you show.

General Track Information

Track and Field is a very physically demanding sport. Successful athletes eat properly, drink lots of water and get plenty of rest 8-10 of sleep is suggested. Periodically, during the season we will provide nutrition advice geared toward the competitive athlete.

Although events are contested on an individual basis, the cumulative effort of all participants determines the outcome of a meet. To this end, competitors may be asked to compete in events not normally considered their “specialties”. We ask that you always give 100 percent of yourself for the **TEAM**.

Track involves running, jumping etc. All participants will be expected to run daily at practice. You will run farther than just your specific event in order to train properly. Don’t assume sprinters, distance runners, field event competitors will run long distance to train properly. **ALL! athletes will be required to RUN to train.**

Team Rules and Expectations

Please note: The following rules and expectations are additional team rules that may or may not be found in the Putnam City Public School’s or Putnam City North Student Athletic Handbook. Team members are expected to and responsible for abiding by all rules listed in the Student Athletic Handbook as well as the rules listed below.

Practice and Track Competitions

Your primary reason for attending Putnam City North High School is to get an education. Participation in a sport is a privilege of academic success. One of the coaches’ responsibilities as coaches is to help you maintain the perspective between sports and school. School comes **FIRST** if you are having difficulties in any class let coaches know so that we direct you in to assistance so you can be successful. All athletes are required to follow the below attendance guidelines to maintain academic and Team competition eligibility

Athletes plan to practice in all types of weather. Coaches will consider severity of weather before practice to determine to cancel or relocate. Practice will not be held on days that school is closed, unless coach states on team communication App BAND. Practice sessions are based on individual ability as much as possible. Give your best at all times. Athletes that don't finish workouts may be asked to leave practice or the team for the remainder of the season.

The **First Week** of the season will be an evaluation week. During this time we will be assessing athletes placing them in events based suited for them. This will continue on a weekly basis as well to fill the **Varsity and J.V.** Teams. Certain events limit number of athletes that can compete during the meet, while others might be open. ALL athletes need to be willing to participate in events assigned to them.

1. **Weekday practices will be held Monday-Friday from 2:25pm-4:00pm or when released by coach and Saturday Meets Competitions from 9:00am-8pm.** We will meet at a specific location that will be communicated by coach Miller, or unless your specific event coach communicates with you to meet with you through our **BAND APP**.
2. **ALL Athletes** will arrive on time, dressed and ready to run/workout. All athletes are required to check-in with a member of the coaching staff at the beginning of practice and check-out with a member of the coaching staff before leaving practice. This helps to ensure that any athlete/coach concerns that may arise are addressed immediately and without delay.
3. **Practice:** Athletes are released from class at **2:18pm**. Practice will begin promptly at **2:40pm**. **Athletes are expected to arrive to practice on time and ready to workout.** If an athlete is late to practice, they must provide the coach with a written excuse and/or doctor's note. Athletes who arrive late without prior approval or written excuse/doctor's note will be subject to the following:
Tardy:
 - a. **1st** unexcused tardy to practice: Athlete will receive a **warning**.

- b. 2nd unexcused tardy to practice: **Written/email** or phone contact with parent to discuss tardiness to practice.
 - c. 3rd unexcused tardy to practice: **Removal from practice for the day**, which will be counted as an unexcused absence.
 - d. 4th unexcused tardy to practice: **Removal from practice for the day**, which will be counted as an unexcused absence. And a meeting will be scheduled with the athletic director to discuss possible removal from the team.
4. **Unexcused Absence: Athletes** are expected to attend all practices and competitions during the season. Athletes are allowed **3** unexcused absences during the season. Attendance conflicts will be handled on an individual basis at the coaching staff's discretion. If you are absent without prior approval from the coach, you must provide the coach with a written excuse and/or doctor's note. Unexcused absences from practice will have the following consequences:
- a. 1st **unexcused absence**: Athlete will receive a **warning** and be reminded of attendance policy.
 - b. 2nd **unexcused absence**: A phone call be made to parent to discuss absence.
 - c. 3rd **unexcused absence**: A meeting with the Athletic Director, parents, athlete and coaches will be held to discuss possible removal from the team.
 - d. 4th **unexcused absence**: Coaching staff will recommend to the Athletic Director that the athlete be dismissed from the team.

Examples of Excusable Absence:

- a. Absent from school
- b. Family emergency.
- c. Medical Appointments.
- d. Tutoring 1 day prior to session notification is required

Equipment

1. **Every Athlete** will be issued a track uniform, warmups, before competition. Athletes are responsible for the uniform during the meet and must return the uniform, warm-ups and equipment at the end of the meet. Damaged or lost uniforms will be replaced at the athlete's expense. Uniforms, Warm-ups should only be worn during competitions.
2. **Lockers** will be assigned to each athlete. Athletes are responsible for keeping any personal items in their lockers during practice and not giving out the locker combination. Putnam City North High School and its coaching staff cannot be held responsible for any personal items that end up missing or stolen at practice due to lockers not being locked or combinations being given out by runners. Athletes are to get dressed out for practice and report to coach. No athlete will return to locker room unless with the guidance of a coach. **No exceptions!**
2. All equipment issued to athletes must be maintained properly when checked out and must be returned at the end of practice or meets in the same condition as when it was issued prior to meets. **Parents or Athletes** will be charged the cost of equipment, uniforms, warm-ups that is not returned, damaged, and/or lost.

Required Athlete Equipment: Athletes will need to be properly dressed for practice with Shorts, Shirts, Hoodie, Sweets, Socks, Running Shoes, Gloves, and Windbreaker etc... If you need assistance with items let a coach know prior to practice. The majority of practice will be outdoor dress. Dress in layers if needed wear proper clothing based on weather.

Running Shoes: the majority of your training will be on flat surfaces proper, "running shoes" not spikes are required "Unless" your event coach states you need them. **No!** basketball shoes, cross-trainers, aerobic shoes. **Good Running Shoes,** are **New Balance, Saucony, Adidas, Nike. ASK COACH what's best.**

Travel

1. All **Panther Track & Field** team members are required to travel to and from the meets on the team bus unless excused and by parent with a written or emailed approval to the coaches prior to the day of the meet.
2. If a **Panther Track & Field** team member arrives to school after **8:20am unexcused** on the day of a meet, they are ineligible to participate in that meet. Even though they will not be participating, they are still expected to attend the meet to support their teammates.
3. **Athletes** are expected to leave all attended track meets and team areas in better than the condition they found it in. Be sure to pick up all trash and personal items before exiting. **Be respectful of the hosting team!**

Conduct

1. **Putnam City North High School Track & Field** team members are expected to conduct themselves in a manner appropriate for school representation and follow all rules outlined in the **Putnam City Public Schools Athletic Handbook and listed in Panther Code of Ethics**. This includes showing good sportsmanship during practice and competitions. **ALL** Athletes will follow team Rules below:
2. **TEAM CONDUCT RULES:**
 - a. **Accept** discipline and decisions by coaches without questions
 - b. **Represent** the school well in the community and as a member of the hosting or visiting team.
 - c. **Be coachable athletes and display a positive attitude about yourself, coaches, teammates, and show good sportsmanship.**
 - e. Use appropriate language at **ALL** times
 - f. **Respect** all coaches, officials, parents, team members and opponents
 - g. **No horse playing at practice or meets!**

3. **Any! Form of Hazing and Bullying** will result in immediate dismissal from the Track & Field team and possible, legal and or administrative action. Coaches or Putnam City North High School Administration will determine discipline procedures.

Track School Discipline Policy

If an Athlete receives any of the following School Discipline **he/ she** will be placed on probation, loss of competition status or possible Team removal.

- a. A **referral** to assistant principal which results in reprimand or **1st** of an detention or the acquisition of up to **2nd** detentions will result in a coach imposed penalty. The acquisition of a **3rd** detention will result in a one-contest suspension. **Detentions** beyond 3 will result in additional contest suspensions and possible removal from the TEAM.
- b. A **1st assignment** of **1-3 days** of ISR will result in a one-contest suspension.
- c. A **2nd assignment** of **I.S.R** or assignment of **N.I.S.R** for more than 4 days will result will result in possible removal from the **TEAM**.
- d. **Any offence** resulting in an **OUT of School Suspension** may result in removal form the team for the season. (Determinations to be made by coaches and Admin).

Nutrition-Hydration-Sleep

**These are just some ideas of meals to use for eating.
Remember the main goal is just to EAT! HEALTHY, HYDRATE, SLEEP!**

Important Information:

- A. Eat at least three times a day with some snacking (healthy) during the day in between meals.
- B. Your appetite will increase as your workload increases so be expecting it-it is natural.
- C. Drink **100% Juice or Water** with each meal **64 Ounces** or more of water is needed daily.

- D. Eat **HEALTHY!** You need to eat because it restores the nutrients in your body.
- E. Take a multivitamin to keep a good balance of nutrients in your body.
- F. Female runners need to be aware that their iron and calcium intake is adequate.

Healthy Eating Habits:

Breakfast: Choices 1-6

1. Bowl of Oatmeal, fruit, glass of low fat milk
2. Cottage cheese with fruit
3. Bagel with low fat cream cheese, glass of low fat milk
4. Bowl of Cereal: Healthy (Total, Wheaties, Cheerios, Grape-Nuts Etc.) with fruit
5. 3 Eggs, Whole Wheat toast, fruit, glass of low fat milk
6. Pancakes, 2 Eggs, glass of orange juice, glass of low fat milk

Snack: Nutri-grain bar, piece of fruit, energy or protein bar

Lunch: Choices 1-6

1. Turkey sandwich on wheat, salad or fruit, low fat milk
2. Tuna sandwich on whole wheat bread, salad, low fat milk
3. Chicken Breast, small salad, glass of low fat milk or water
4. Peanut Butter and Jelly sandwich on whole wheat bread, low fat milk
5. Roast Beef sandwich, on whole wheat bread, salad & water
6. Pasta (Chicken), salad, whole wheat bread, & water

Snack: Piece of fruit, or yogurt with fruit & low fat milk

Dinner: Choices 1-6

1. Salmon, brown rice, salad & glass of low fat milk or 100% juice
2. Baked chicken, potatoes, salad, low fat milk or 100% juice
3. Turkey, brown rice, salad, low fat milk or 100% juice
4. Steak, potatoes, vegetables, low fat milk, or 100% juice
5. Spaghetti with ground beef, salad, whole wheat bread, 100% juice
6. Beef Taco's & low fat milk, or 100% juice

Hydration:

1. **Athletes** need to drink Water! On a rest day you'll lose 1-3 liters of water due to insensible fluid loss, depending on your size, age, athletic ability, and gender, through respiration, renal filtration, and metabolic processes. If you want to train and race to the best of your abilities, proper daily hydration is imperative. Researchers concur that with as little as a 3% fluid loss, athletic performance is hindered, pace decreases and perceived effort increases.

Hydration Recommendation:

A good rule of thumb for calculating how much fluid you need to replenish daily is to divide your body weight by 2.2 to get your weight in kilograms. Your weight in kilograms is how many ounces of fluid you need to consume daily. For example if you weigh

150lbs/2.2 = 68kg/body/wt. A 68kg person will need 68oz of daily fluid to replace what the body uses at rest

Sleep:

Athletes need **8-10 hours** of FULL rest nightly. Your body needs to recover so you can compete at your best.

Panther Track and Field Fundraising-Community Efforts

ALL Athletes! are required to participate in any fundraising, track meets high-school or middle school, elementary, community service projects. Those athletes to be dismissed to work the track meets will be selected by coaches.

6. **ALL Athletes!** will be graded based on their **attendance, participation** daily at practice and or meets. Any athlete that is participating in a meet they will be graded on attendance, participation, as a test grade. **Conference, Regional** competitions will also be considered a test double test grade based on **participation and attendance NOT!** performance. If a student refuses to follow what is instructed by a coach that athlete will receive a **zero** and will immediately be place on team probation.

Early Release from School

Throughout the season, there will be times when students will be released from class early to ensure that we can arrive at a competition in time to properly warm-up. Because these are **student** athletes and school academics must be a priority and is the policy of the **Putnam City North Track & Field** Coaching Staff and PCNHS Athletic Department that only athletes and managers that are academically eligible will be participating in the competition will be released from class early. Athletes' participation at competitions will be at the discretion of the coaching staff.

Lettering Policy

Athletes: To receive a **Varsity letter** for Track you must meet the following. Other athletes who don't meet this standard will receive a **Certificate of Achievement**.

- Medal in a **Two Varsity!** races at a track meet
- Place in the **TOP 6** in a Conference and Regionals Meet
- Meet Performance Standard in your event listed by event coach
- Be a member who is in good standing with the school, and coaches

Managers: To be eligible to receive Certificate of Achievement, you must...

- Be present at practices you are scheduled to assist.
- Be present at all scheduled high school, middle school meets
- Fulfill any/all duties assigned by the coaches

Panther Competition Track & Field Teams

The **Varsity Teams** will be selected by the coaching staff weekly based on an Athletes time trail performances from practices, previous meets. The athletes that coaches believe that can help the team score the most points will be on **Varsity**. If you are on the **Varsity Team** you are competing for your position to maintain it and any relays you might be on weekly. Your position on a **Varsity team** is not a “**Right**” it is **Earned!** If an athlete displays that he/she has the potential through continuous work ethic. They can earn a spot on the Varsity team regardless of grade classification if chosen by coaches. If a Varsity team member violates any of the rules listed in code of conduct and this packet he/ she will lose their Varsity status and must earn their way back on the Varsity team.

The **JV Panther Track** team will be compiled from athletes who will compete on a daily, weekly basis to earn a possible spot on Varsity. If an athlete is not selected for a Varsity spot he/she will run on J.V.

The **Freshman Track Team** is comprised of all **9th grade Boys and Girls** these athletes will compete as the **9th Grade Freshman Panther Track Team** at events throughout the metro area. These athletes will also compete at the Big 10 conference Track and Field Championship as a separate division from the **Varsity Team and Junior Varsity Teams**.

All Athletes will be graded based on their attendance, participation daily at practice. Any athlete that is participating in a meets will be graded on participation, as a test grade. Conference, Regional competitions will also be considered a **Double test grade** based on participation and attendance **NOT** performance.

Injuries

Injuries must be reported to the coaching staff immediately. Not reporting injuries in a timely manner can cause more damage and a longer recovery period. If an athlete is seen by a doctor, **for any reason** they must have written notice before returning to practice/meets. If you have an injury you need to see the **PCNHS Athletic Trainer Mrs. Harmon** and supply her with any injury information or documentation. **No** athlete will be cleared until the trainer clears you for practice or competition if seriously injured.

Common Running Injuries:

1. Runner's Knee. This is a common overuse injury. Runner's [knee](#) has several different causes. It often happens when your kneecap is out of alignment. Over time, the cartilage on your kneecap can wear down. When that happens, you may feel pain around the kneecap, particularly when:

- Going up or down stairs
- Squatting
- Sitting with the knee bent for a long time

2. Stress fracture. This is a small crack in a bone that causes pain and discomfort. It typically affects runners in the shin and feet. It's often due to working too hard before your body gets used to a new activity. Pain gets worse with activity and improves with rest. Rest is important, as continued stress on the bone can lead to more serious injury.

3. Shin splint. This is pain that happens in the front or inside of the lower leg along the shin bone (tibia) [Shin splints](#) are common after changing your workout, such as running longer distances or increasing the number of days you run, too quickly. Painwise, they can be hard to distinguish from a stress fracture of the shin, but the pain is usually more spread out along the bone. Also, an xray is normal.

People with flat feet are more likely to develop shin splints.

Treatment includes:

- Rest
- [Stretching exercises](#)
- Slow return to activity after several weeks of healing

4. Achilles [tendinopathy](#). Formerly called tendinitis, this is [inflammation](#) of the [Achilles tendon](#). That's the large tendon that attaches the [calf](#) to the back of the heel. **Achilles tendinitis** causes pain and stiffness in the area of the tendon, especially in the morning and with activity. It is usually caused by repetitive stress to the tendon. Adding too much distance to your running routine can cause it. Tight [calf](#) muscles can also contribute.

Treatment includes:

- Rest
- Icing the area
- Calf stretches

5. Muscle pull. This is a small tear in your muscle, also called a [muscle strain](#). It's often caused by overstretching a muscle. If you pull a muscle, you may feel a popping sensation when the muscle tears. **Treatment includes RICE: rest, ice, compression, and elevation.**

Muscle pull commonly affects these muscles:

- Hamstrings
- Quadriceps
- Calf
- Groin

6. [Ankle sprain](#). This is the accidental [stretching](#) or tearing of ligaments surrounding the [ankle](#). It often happens when the foot twists or rolls inward. **Sprains** typically get better with rest, ice, compression, and elevating the foot.

7. [Plantar fasciitis](#). An [inflammation](#) of the plantar fascia. That's the thick band of tissue in the bottom of the foot that extends from the heel to the toes. People with tight calf muscles and a high arch are more prone to plantar fasciitis. Although it may be linked to adding activity, plantar fasciitis can also happen without any obvious reason.

Treatment includes:

- Calf stretches
- Rest
- Icing the bottom of the foot
- Wearing good shoes at all times (even at home or on the beach)

8. IT (iliotibial) band syndrome. This syndrome causes pain on the outside of the knee. The IT band is a ligament that runs along the outside of the thigh, from the top of the hip to the outside of the knee. IT band syndrome happens when this ligament thickens and rubs the knee bone, causing inflammation.

Treatment includes:

- Cutting back on [exercise](#)
- Heat and stretching before [exercise](#)
- Icing the area after activity

9. **Blisters.** These are fluid-filled sacks on the surface of the [skin](#). They are caused by friction between your shoes/socks and skin.

To help prevent [blisters](#):

- Start using new shoes gradually
- Wear socks with a double layer
- Apply petroleum jelly on areas prone to blisters

Tips to Prevent Running Injuries

By taking a few precautions and planning, you can prevent many common running injuries. Here are some tips for preventing injuries.

Listen to your body: Don't ignore pain. A little soreness is OK. But if you notice consistent pain in a muscle or joint that doesn't get better with rest, see your doctor provider.

Parent Concerns

If any parent has a question and/or concern, please abide by the following procedures:

1. Contact the **PCNHS Track and Field** coaching staff **FIRST**, we are happy to speak to you about your athlete at your convenience. Contact the following:

Head Boys Coach: John Miller

Email: JohnM@putnamcityschools.org or at **405-722-4220**

Head Girls Coach: Donte Mitchell

Email: Dmitchell@putnamcityschools.org or at **405-722-4220**

2. If after speaking with the coaching staff, you do not feel that your question and/or concern has been answered to your satisfaction, please contact the following:
3. **PCNHS Athletic Director at Ryan Wagoner 405-722-4220**
4. The Team will communicate on **BAND**. This App will be used to communicate any and all information regarding scheduled track meets, booster club meeting and submitting additional document that your athlete will need throughout the year. Coach Miller will send the **Athlete** and **Parent** a text message to join the **TEAM BAND**. The athlete, parent may need to download the **BAND APP** located in the APP store on your mobile device. This is a **FREE** service. This will allow transparency and communication for athletes, parents and coaches. This is **REQUIRED for all Athletes, Coaches. Parent are optional.**



5. **BAND APP LOGO** Athlete, parent may need to download the **BAND APP** located in the APP store. Once your receive a Text Message from coach Miller to Join the PCN Track Band App you will receive a code to impute into your app you downloaded if you have any questions call.
6. PCN Track will have a booster club if any parents are interest in being part of it call or text the following. We need the following representatives for a booster club:
 1. President, Vice President, Secretary, Treasure



PANTHER TRACK RECORDS

EVENT:	TIME:	ATHLETE:	YEAR:
100m	12.11	Ashley Graves	1997
100h	14.76	Courtney Nelson	2014
200m	25.23	Tyler Wisby	2011
300h	13.25	Courtney Nelson	2014
400m	55.68	Ashley Williams	2003
800m	2:20.00	Ginger Dailey	1992
1600m	5:23.00	Kelly Fitzpatrick	1997
3200m	11:44.00	Dawn May	1992
4x100r	49.57	Patterson,Harris,Churchwell,Myers	2018
4x200r	1:44.00	Graves,Chamberlin,Wilson,James	2000
4x400r	4:05.00	Daily,VanAuken,Morris,McCauley	1992
4x800r	9:47:28	VanAuken,May,Morris,Dailey	1991
Shot Put	40',4.5	Tierra Myers	2016
Discus	92'7	Tierra Myers	2016
High Jump	5'6	April VanAuken	1991
Long Jump	17'4	Keyoni Mbroh	2012



PANTHER TRACK RECORDS

EVENT:	TIME:	ATHLETE:	YEAR:
100m	10.56.0	Andre Smith	1993
110h	13.86	Eddie Bechtol	1989
200m	21.86	Jake Jensen	1992
300h	38.11	Craig Schlessman	1992
400m	48.37	Brady Boyd	2002
800m	1:53.00	John Duffy	1991
1600m	4:18.00	Jason Larabee	1997
3200m	9:34.00	Michael Hughes	1986
4x100r	41.89	Maxie,Schlessman,Jensen,Morland	1991
4x200r	1:29.44	Colbert,Lyda,Rich,Mcgee	2018
4x400r	3:18.00	Brown,Moreland,Duffy,Carpenter	1992
4x800r	7:55.00	Duffey,Carpenter,Mcgee,Clary	1990
Shot Put	56'3"	John Fitzgerald	1996
Discus	169' 9"	John Fitzgerald	2016
High Jump	6'8"	Jevin Colbert	2007
Long Jump	23'1"	Brandon Bruner	2002



PANTHER TRACK STATE CHAMPIONS

LADY PANTHERS:

<u>Athlete</u>	<u>Event</u>	<u>Year</u>
Isis Lane	100h/300h	2016
Courtney Nelson	100h/300h	2014
Tyler Wisby	200m/400m	2011
Ashley Williams	400m	2000-2001-2002-2003

PANTHERS:

<u>Athlete</u>	<u>Event</u>	<u>Year</u>
Stephone Johnson	High Jump	2012
Jevin Colbert	High Jump	2007
John Fitzgerald	Discus	1995
Chris Duffy	Pole Vault	1993
John Duffy	800m	1990
Ed Bechtol	110h	1983
Brett Attebury	800m	1983



Panther Track and Field Team Rules and Procedures

Athlete: by signing **I** have read and understand to abide by the Team Rules, Expectations and Code of Ethics for the Panther Track and Field.

Athlete name (please print): _____ **Athlete grade level:** _____

Athlete signature:

Date: _____

Parent: by signing **I** have read, understand and agree that my athlete understands the Team Rules and Expectations, Code of Ethics for the Panther Track and Field.

Parent name (please print):

Parent signature:

Date: _____

Athlete and Parent please sign and return to Coach Miller, Coach Mitchell.



PANTHER Track & Field

ATHLETE CODE OF ETHICS

- I will take my training seriously during practice and learn more about event and sport and will give 100 percent daily.
- I will be committed and dedicated to my training, nutrition, sleep and set attainable academic, performance goals.
- I will attend all practices and competition track meets and display a positive attitude.
- I will not participate in activities that will be detrimental to my health or success that includes smoking, drinking, drugs, fighting in or out of school.
- I will refrain from receiving ANY PCN School Administration disciplinary actions.
- I will maintain **Eligibility** and **Attendance** in class as required by the Putnam City North Handbook as required by the school and district athletic requirements.
- I will be considerate of teammates and other teams when attending competition meets.
- I will demonstrate good sportsmanship at practice, and meets.
- I will respect my coaches, fellow athletes, parents and meet officials.
- I will not use profanity or make derogatory comments about others at practice, or competition meets.
- I will not challenge or protest the rulings of starters, judges or referees, but will bring all complaints or issues to the coaches for resolution.
- I understand that I am part of an inclusive **TEAM**.

Athlete: I have read the **Code of Conduct** and, as an athlete of the PCN. High-School I will adhere to it.

_____ **Athlete signature**

_____ **Parent signature**

_____ **Date**

