



CAROLINA RAGING BULLS

BOTTOM UP OUTREACH CENTER

Kernersville, North Carolina | info@bottomupoc.com | www.ragingbullsathletics.com

The following expectations and codes of conduct are to ensure that parents, coaches, and volunteers are on the same accord for the well being of our athletes and the Carolina Raging Bulls organization.

TEAM EXPECTATIONS

REGISTRATION

- All registration paperwork must be completed and returned before the athlete is allowed to practice.
- A copy of the athlete's birth certificate must be submitted with the registration form. No athlete will be allowed to compete without a birth certificate on file, as this is an AAU and USATF regulation.
- Payment is expected at time of registration. Athletes will not be registered for any meets unless all fees (registration and competition) are up to date or alternate arrangements have been made with the Head Coach.

PRACTICE/TRAINING

- Training will begin on time. Athletes will be required to attend all practices and be on time. Please inform the coach if something comes up causing the athlete to be absent or late.
- Athletes will be required to participate in all workouts designated for practice. If your athlete has any temporary medical condition that will prevent them from giving 100% during practice, please allow them to stay at home and rest.

ADDITIONAL EXPECTATIONS

- **PARTICIPATION IN OTHER NON-TEAM COMPETITIONS:** No athlete may enter another track meet competition that is not on the team schedule during the season unless they notify the coach (with the exception of school competitions).
- **COMPETITION EXPECTATIONS:** Coaches will recommend the event(s) for individual participation. Athletes are expected to compete in all meets and events for which he or she qualifies unless arrangements are made with, and approved by, the coaching staff.
- Please keep in mind that all coaches and administrative staff are volunteers. It is truly our wish to provide a phenomenal experience for you and your child. If you should ever have any questions, concerns, or suggestions we encourage you to seek out a member of the coaching or administrative team.

ATHLETE CODE OF CONDUCT

As an athlete with Carolina Raging Bulls, I will commit to ALL of the following.

- I will invest in my development by giving my full attention to my coaches during instruction and feedback, and attend (and give my best effort during) training sessions and meets.
- I will be gracious in defeat and humble in victory.
- I will be honest and act with integrity.
- I will let the coaching staff know if I am unable to attend training or meets and of any injury or medical condition sustained before or during club activities.
- I will show respect and care for property, equipment, and facilities.



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- I will accept decisions made by officials and coaches.
- I will report inappropriate behavior.
- I will be responsible for my uniform and necessary implements, gear, and/or equipment.
- I will NOT behave in a manner that is unruly, distracting, or disrespectful to coaches, volunteers, officials, team parents, other athletes, or spectators.
- I will NOT argue, fight, alienate, or tease teammates or other teams and athletes. I will show empathy, inclusivity, and kindness to all.
- PUBLIC DISPLAYS OF AFFECTION: There may be athletes of all ages on the track team. It is the older athletes' responsibility to set a proper example for younger athletes. We know that it is human nature to be attracted to other athletes. We only ask that you do not show any public displays of affection during team activities or while under the team tent. Kissing, sitting on laps, sitting in between legs, feeling, rubbing, etc. is prohibited while participating in team activities.
- TRACK MEET DRESS CODE: All athletes are required to arrive at competition in full uniform attire (compression and warm up tops and bottoms). During the day, as the temperature rises, the attire can change to warm up bottoms and warm up shirt over the compression uniform. For those athletes with speed suit compression attire, you will not be able to walk around in just your compression uniform unless it is time to check in for competition.
- SOCIAL MEDIA USE: I will not engage in inappropriate use of social media.
- DISCIPLINARY ACTION: All minor offenses such as horseplay, talking during instructional time, insubordination, and minor disruptions could result in consequential workout activity (additional aps, plyometrics, etc.). All other offenses that are listed in this may result in disciplinary action.
 - 1st Offense- Counseling session with the coaches.
 - 2nd Offense- Private conference with parents.
 - 3rd Offense- One day suspension from practice or scheduled track meet, written apology, as well as make up missed workout during suspension.
 - 4th Offense- Coach review for possible dismissal from the team.

I understand the consequences if I do not abide by the Team Expectations and Athlete Code of Conduct as stated above.

Athlete Signature: _____ Date: _____

PARENT CODE OF CONDUCT

Carolina Raging Bulls expects all parents and guardians to promote the positive aspects of Track and Field by always demonstrating mature, responsible, and model behavior.

As a parent/guardian, I will encourage my child to fulfill all commitments outlined in the Athlete Code of Conduct and abide by the Team Expectations, and:

- I will trust the process over results.
- I will foster an empathetic, inclusive, and encouraging sideline/spectator environment.



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- I will set an example for players by being gracious in defeat and humble in victory.
- I will celebrate the accomplishments and encourage all team athletes and refrain from singling out any one athlete.
- I, or an adult designated by me, will remain at training and competitions with my child unless my child is of age to transport himself to and from and does transport himself to and from.
- I will not interfere in disciplinary consequences, including but not limited to consequential activity to be completed by my (or any) athlete.
- I will reserve any questions for after practice and approach the coach in a respectful way.
- I will promptly and thoroughly inform the coaching staff of any health concerns or injuries sustained by my child, as well as treatment and recovery.
- I will complete registration and payment of club fees according to the schedule outlined by the Carolina Raging Bulls Leadership Team unless alternate arrangements are made, and approved, between myself and the Leadership Team.
- I will refrain from discouraging words, threats, or profanity while my child is on the track or field. If I disapprove of my child's performance, I will pull them off to the side, away from fellow teammates to avoid embarrassment, as I understand that we're trying to build self-esteem and confidence in the athletes.
- I will refrain from exerting undue pressure and unrealistic expectations on my child.
- I will refrain from USING OR BEING UNDER THE INFLUENCE, OR IN VISIBLE POSSESSION OF ANY DRUGS, ALCOHOLIC BEVERAGE, OR ILLEGAL SUBSTANCE around athletes or at any training or competition facility. A major component of the Carolina Raging Bulls mission is the encouragement and promotion of good health and positive choices among our athletes.
- I will approach the coach(es) with any workout or performance concerns that I may have concerning my child. I will refrain from discussing grievances with other parents, as this is NOT an appropriate solution to any problem.
- I refrain from engaging in disagreements or conflicts with any athlete(s) concerning your child. I understand that we are all sensitive about our children and it is best to allow the coaches handle these issues because they are neutral parties.
- I will refrain from entering the track or field unless permitted to do so by the coaching staff or officials.
- I will refrain from engaging in inappropriate use of social media.
- I understand that if I continuously cause disruptions and chaos among the team, my athlete may be asked to leave the team.

I understand the consequences if I do not abide by the Team Expectations and Parent Code of Conduct as stated above.

Parent/Guardian Signature: _____ Date: _____