
ICON TRACK CLUB

RULES, REGULATIONS, PARENT/ATHLETE AGREEMENT

SPEED CAMP

2016



A.C.T.S. ICONS
TRACK CLUB



SPEED CAMP

RULES & REGULATION – PARENTS / ATHLETES

1. All speed camp members must follow instructions given by the coaching staff, team parents and any adult associated with the club. If you are in doubt, see your coach, but respect all adults at all times.
2. Abusive language or actions (profanity, arguments, fighting, etc.) will not be tolerated. Parents don't involve yourselves with the problems your child may have with another child. If you see a problem developing, notify the coach. The coaches will handle the problem.
3. All speed camp members must be on time for practice and meets. (camp members are required to participate in 3 track meets)
4. **If you are unable to compete in a scheduled meet, you must inform your coach** at least two weeks prior to that meet, or if you miss an event you have been entered into, **you will have to reimburse the club for your entry fees.** They are sent in two weeks in advance for invitational meets and are not refundable.
5. If you are sick or injured, don't come to practice because you may do further harm to yourself. If you come to practice you will be expected to complete the workout.
6. All members must be properly dressed for practice and meets
 - (a) Practice -Good jogging or tennis shoes & track shoes, 2 T-shirts, shorts, warm-up pants and sweat-shirt
 - (b) Rainy days – All of the above and a water repellent top & hood (No Big Jackets)
 - (c) Meets – Good jogging or tennis shoes, clean team running uniform and warm up suit.
7. If you bring electronics, cell phones, Ipads, etc. to meets, either local or out of town. You will be responsible your own belongings the coaches and team will not be responsible for lost, stolen and or damaged items. We suggest you don't bring them.
8. All members must maintain good body hygiene (bathe frequently, use deodorant, brush your teeth, etc.) No long chains, no du-rags, no large earrings or nose rings.
9. If you are involved in another sport that will conflict with the training in this program, please let the coaches know as soon as possible. You should be signed up for the **(SPEED CAMP ONLY)**.
10. All coaches, team parents, should be addressed as Coach, Mr., Miss or Mrs. By all team members.
11. You must stay in the area where our team's tent is located during all track meets. If we pass our event labels, or call for relays and you are not there, **we will not look for your and you will not run.**
12. Parents, please don't request specific events for your child.
13. **Parents: Do not bring or use alcoholic beverages or any other drugs to track meets or practices.** This is also an association rule and a violation of the law. Please do not smoke, use profane language around team members, including your own child at practice, at track meets or any other setting associated with the team.

ICON TRACK CLUB
Coaches, Parents and Athletes Agreement

Icon track club was founded in 2013, by a group of dedicated parents & coaches, headed by Coach Trey Bellows. He has over 20 years of coaching experience and was formerly the President of the Los Angeles Jets track club (Boys Division). We, the coaches of this organization volunteer our services and do not receive any monetary compensation. We do it because we love the sport of track & field and want all of our children to succeed. We are giving you this personal information, not to show you how good we are, but how committed we are. We feel it's necessary to show our commitment because by signing this agreement, we are asking you to make a commitment to your child and our team as well.

Parents/Team Members: You have been given a list of rules. These rules may differ, depending on the division (age group) your child is in. The following rules are consistent throughout the team and are mandatory.

Parents:

- Speed Camp fee of \$250 payable to WV YOUTH ORG
- Do not come out in the infield during practice, or meets to give your child instructions, water, a jacket or for any other reason
- Your team commitment will be through June 1st, 2016

Team Members:

- You must wear two T-Shirts, shorts, sweat shirt & sweat pants, jogging & track shoes for every practice session
- You must give your maximum effort at every practice and track meets
- You must come to practice and track meets on time

After reading all the rules and digesting all the information, please sign and return this sheet to a member of the coaching staff if you are willing to make the required commitment.

Team Member _____ Date of Birth _____ Age _____
(print name) (as of today)

Parent/Guardian _____ Signature _____ Date _____
(print name)

Coach _____ Signature _____ Date _____
(print name)