

RULES AND GUIDELINES

- Athlete must compete in MPH uniform or uniform approved by MPH coaching staff. Youth uniforms are provided on a rental basis. Uniforms and team gear are the responsibility of the athlete.
- Parents/Guardian's are responsible for U.S.A. Track and Field membership card. The Group Accident Insurance Program begins with the date that the USA Association receives the card. In general, the program covers all track related accidents at practice sites and meets.
- If your child will miss a track meet, be late or leave early, notify coaching staff ASAP. If we sign up your child for a meet and they do not attend, you will be responsible for re-paying the meet entry fees before they can run in the next track meet.
- Relays: If your child is on a relay they are required to attend practice sessions. If they miss a track meet or continually miss relay practice they will be taken out of the relay team pool. In general the fastest 4 make the team unless one of the fastest is in an event that conflicts with the relays. Relays require a higher level of commitment because if your child does not show up 3 other kids do not get to compete.
- Athletes who do not participate in club fundraisers may not receive the same level of sponsorship that other athletes who participate receive.
- Consult a physician before beginning training and competitions. Athletes train and compete at their own risk. MPH will provide necessary equipment for training and competing. Some specialty implements and training equipment are the athletes' responsibility.
- Each track meet MPH members (parents/guardians) are responsible for various activities. Example: moving hurdles, athlete check-in, timing, snack bar, clerking, etc. Athlete / Parental assistance is required for club membership and in running an efficient track meet and track practice
- Once competition starts parents are not allowed on the field. If you have any questions or concerns please direct them to the MPH coaching staff.
- Both coach and athlete agree to never use performance enhancing drugs, and has never and will never advocate aid or abet drug use in sports.
- Destructive, disrespectful, or unsportsmanlike behavior from athletes and/or parents/guardians will not be tolerated. Disciplinary actions will include community service, dismissal from competition, removal of coach and athletes USATF benefits, or dismissal from team.
- Students are required to participate in MPH Homework club and GPA maintenance program.

•I WILL NOT: be negative, spread negative gossip about anyone connected to MPH track club, be counterproductive to the ultimate goal of MPH track club.

•I AGREE TO: make my presence known this track season, be my child biggest fan, always be positive while at practice and track meets, show up to as many track meets and team practices as my time allows, ask questions about my child interest, trust the coaching staff experience, consult the coaching staff if I perceive a problem, be responsible for my child's behavior at track meets.

I UNDERSTAND THAT VIOLATION OF ANY THE RULES AND GUIDELINES WILL BE HANDLED BY THE HEAD COACH AND SUBJECTED TO ACTION AT HIS DISCRETION.