



TRACK & FIELD

TEAM CONDUCT



Behavior

Respect will be shown to all coaches and teammates. Foul language, bullying, and mistreatment of others will not be tolerated. Friendships are encouraged, and dating relationships among teammates are discouraged.

Practice Expectations

Athletes should arrive at practice ready and prepared to run. This includes:

- arriving 5-10 min before the start of practice -- in proper running gear -- to complete warmup laps
- wearing running shoes and if necessary, spikes (see coach for details)
- bringing water (no water or bathrooms are available on site)
- being appropriately dressed

Dress Code

- Shirts are to be worn at all times for boys and girls. They need to cover the midriff and cleavage, even while stretching and running.
- Tank tops are fine as long as the armholes are not excessive.
- Loose shorts and compression shorts may be worn alone when hanging at least 1" below the bottom, and do not raise higher regardless of movement or wind. Shorter/looser shorts allowed with compression shorts underneath.