



**Illinois Jets Youth Track and Field Organization**  
**Athlete CODE OF CONDUCT**

**General Rule:**

Youth athletes, who participate as part of the Illinois Jets Youth Track and Field Club, represent the Illinois Jets Youth Track and Field Organization, the Rockford Park District Foundation, the Rock River Valley Community, Sponsors, Community Partners, and most importantly their families. We expect Illinois Jets athletes to demonstrate *character, high moral standards, leadership, responsibility* for one another, and serve as *role-models* for other youth in the community, on and off the track. During practices, trips, and competition, we expect nothing less than the best standards of behavior from our athletes and families. We must be gracious in victory and accept defeat just as graciously. **In addition, for the safety of everyone, we must always look out for one another.**

**Specific guidelines for practices and meets:**

1. Athletes must show respect to adults, Coaches and Parents must be addressed by their Title or the last name unless otherwise instructed. i.e. DuWayne Jones is to be addressed as Coach Jones and not DuWayne for example. This shows respect for authority and discipline, and sets a good example for other youth.
2. Athletes must arrive at practice and meets on time and ready to go. For example be a self starter, do what it takes to be at your best. Always begin each practice with a mile warm-up and be properly hydrated before and after practice and events. Always show to competition properly dressed in team gear , even if you are not competing. Keep socializing to a minimum during practices. Use practice time wisely.
3. **ATHLETES MUST BE APPROPRIATELY DRESSED, STOMACHS COVERED, STANDARD GYM SHORTS ARE TO BE WORN, AND ALL ATHLETES MUST BEGIN PRACTICE IN SWEATS. YOU WILL BE ASKED TO SIT OUT OF PRACTICE IF NOT APPROPRIATELY DRESSED FOR PRACTICES. PLEASE KEEP IN MIND THAT THIS IS A COED PROGRAM.**
4. Athletes must attend at least three practices out of four during the week prior to being registered for a scheduled meet in order to participate the follow week's event, missing practice must be excused. **NO ACCEPTIONS! NO PRACTICE...NO EXCUSE... NO MEET REGISTRATION.**
5. Be supportive of all athletes on your team.
6. Show respect for coaches, officials, teammates, and opponents
7. Learn the rules and always compete by them.
8. Remember, your opponents are necessary friends. Without them, you cannot compete.
9. Use only appropriate language at practice and club events.
10. No matter the outcome of the meet, you will always be a winner if you do your best.
11. Conduct your actions to promote sportsmanship and eliminate horseplay.
12. Keep your hands and feet to yourself.

**Meet Specific guidelines:**

1. **For the safety of the team, all athletes under 13 years of age**, are to remain in the confines of the team camp during competitions, unless accompanied by an older team mate, coach or parent to the event check in area, bathroom, or food court.



a. Unauthorized and/or a non chaperoned absence will be addressed by coaching staff and may result in meet suspension going forward.

2. All athletes, regardless of age, must adhere to the buddy system when leaving the team camp for specified purposes. Again this is for the safety of all athletes.
3. Athletes will compete in **ONLY** the designated Illinois Jets uniform/jersey unless prior approval is received from the Head Coach.

### **Zero Tolerance Rule**

1. There will be no exceptions made for any athlete, regardless of age, for unsportsmanlike conduct, nor will abusive language or conduct on the part of any athlete, coach, parent, or volunteer be tolerated. Willful destruction of property, illicit behavior, and fighting will all be grounds for IMMEDIATE dismissal from the team, and there will be absolutely no refund provided. Also, any public use of profanity or vulgar language, disrespectful behavior towards coaches, chaperones, parents, officials, or any other responsible adult will result in IMMEDIATE dismissal from the team without refund.

2. There is to be no drug use of any kind (smoking, alcohol, etc) by any youth athletes while associated with the Illinois Jets Organization.

3. No weapons of any form will be allowed at practices, programs, fund raisers or track events, and there is absolutely no fighting permitted at any of the aforementioned IL Jets events or program. This is grounds for IMMEDIATE dismissal from the team without refund.

I have read and reviewed with my athlete the above stated rules. We understand, and agree to comply with the provisions cited above and sign this form voluntarily.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Note: Younger athletes may print their name on the signature line to acknowledge understanding of the guideline

