

BRONX FLASH TRACK CLUB

Athlete and Family Commitment

1) INVOLVED FAMILIES MAKE THE EXPERIENCE BETTER FOR EVERYONE

- Coaches sacrifice a lot of their time to provide the best for the children on the team. It is expected that parents invest their time and effort to support their child and the team by **attending all races and events when possible and actively assisting in the betterment of the Bronx Flash Track Club.**
- Parents/Guardians are expected to stay up to date with all team activities. All information will be made available via:
 - **Bi-weekly Update conference calls** will be held every other Monday, 7:30-8:00pm, March 16 – June 29, 2009; call-in details will be available at www.BronxFlashTrackClub.com.
 - **Team Website:** www.BronxFlashTrackClub.com
 - **Email Distribution Lists:** BXFlash@gmail.com
- **Mandatory Fundraising Commitment:** Each team member is expected to participate in team fundraisers.

2) EXCELLENCE IN ACADEMICS AND POSITIVE BEHAVIOR ARE THE PRIORITY

- Team-issued **school progress reports must be submitted to a coach during the first week of practice each month.** Students must maintain satisfactory grades at all times in all subjects.
- **At all times, team members must conduct themselves in a responsible manner and show good sportsmanship.** There will be no tolerance for inappropriate or disrespectful language or actions.
- Failure to comply with either of the above will result in a suspension from *competition* until the grades are brought up and behavior is proven to be respectful. Athletes are still expected to attend practice.
- ***Complete all homework before practice each day. Call if you have too much work and need to miss practice or come late. This will be an excused absence/tardiness.***
- Respect all property. When using a school facility, team members are ***only allowed to be in the appropriate practice areas.*** If they are caught in any other part of the building, they will face disciplinary action at the discretion of the coach.

3) CONSISTENT ATTENDANCE and COMMUNICATION ARE ESSENTIAL

- **Every practice is mandatory**, unless you speak to a coach ahead of time to be excused.
 - Please schedule doctor's appointments, etc. on non-practice days.
 - If you will be late or absent, ***notify a coach as far in advance as possible.*** Parents/athletes must inform a coach of any meets to be missed *no later than the Tuesday before the meet.*
 - **Attendance at practice just before a race is mandatory. This practice is usually geared toward the races and any information given that day is essential.**
 - If athlete/parent fails to advise coaches of an expected absence, **parents will have to pay child's registration fee for that meet before child can run in next meet. No Exceptions!**
- Practice will begin promptly. ***Arrive 5-10 minutes before practice starts. No earlier, no later.***
- After practice, team members are expected to arrive home in a timely manner. If they do not arrive when parents expect them, they may face **consequences** from the club to reinforce the need for parents to know where their child is at all times.
 - If you are picking your child up, ***please pick them up promptly.*** If you cannot, please arrange for someone else to pick them up.
- If you are too sick to come to school during the day, do not come to practice that evening.
- Two (2) unexcused absences or late arrivals = not allowed to attend next race.
- Five (5) unexcused absences = expelled from team.
- If you will no longer participate on the track team, you must notify a coach immediately **in person.**

4) ALWAYS BE PREPARED

At every practice and race (*regardless of weather - rain, snow, and cold*) you will be expected to have:

- *Proper warm-ups (sweatpants and sweatshirt or warm-up suit)*
- *Proper footwear (Running shoes or sneakers with good support and laces)*
- *WATER or sports drink (no soda!)*
- *Shorts*
- *T-shirt*
- *Winter hat*
- *No jeans, denim clothing, or baggy short*
- *Be prepared for all conditions (i.e. bring a change of clothes, rain gear, etc.*

Practices may consist of runs through the neighborhood and local parks in all weather.

5) TAKE CARE OF YOUR BODY THE OTHER 22 HOURS OF THE DAY

- Get a good night's rest – at least 8 hours of sleep.
- Eat a healthy breakfast, lunch, and snack before practice every day.
- Stay hydrated. Drink plenty of water throughout the day, before, during, and after practice.
- ***No candy before, during, after, or anywhere around practice and races. This includes soda.***
- Further nutrition guidelines will be discussed throughout the season. You are expected to follow them in order to make yourself a better, healthier student and athlete.

6) PLEASE, NO SIBLINGS AT PRACTICE.

Please find alternate plans for non-track team siblings on practice days. It is not safe to have them sit at practice, as the coaches are unable to supervise children not on the track team.

Coach Bellino: (347) 702-3954

Coach McKinney: (914) 494-6042

Coach Keithroy: (646) 271-1689

www.BronxFlashTrackClub.com

bxflash@gmail.com

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When a child is a part of the Bronx Flash Track Club, they are a part of a respected, championship-level team. They must act responsibly and represent the team well at all times.

I agree to abide by the Bronx Flash Track Club Athlete and Family Commitment.

Child's Name _____ **Child's Signature** _____

Parent/Guardian Name _____ **Parent/Guardian Signature** _____

Date _____