CHARLOTTE HEAT TRACK CLUB

TEAM RULES, POLICIES & CODE OF CONDUCT

OUR PURPOSE

Charlotte Heat Track Club is committed to providing a positive, safe, respectful, and development-focused environment for athletes ages 5–18. These expectations help athletes, families, coaches, and volunteers work together and understand their responsibilities throughout the season.

DEVELOPING ATHLETES. BUILDING CHARACTER. CREATING OPPORTUNITIES.

We don't host tryouts. We develop athletes. Every member of our team is expected to contribute to an environment built on effort, respect, accountability, and sportsmanship.

Who this applies to: These policies apply during practices, competitions, team travel, team-sponsored activities, and other situations where an individual is representing Charlotte Heat.

Please read this document carefully. Parents/guardians and athletes are expected to review these standards together and complete the acknowledgment at the end.

1. REGISTRATION & FINANCIAL RESPONSIBILITIES

- **Completed registration:** All required registration forms, waivers, emergency contacts, and other requested information must be completed before an athlete participates in practice or team activities.
- **Age and eligibility documentation:** Parents/guardians must provide a birth certificate or other age-verification documentation required by AAU or the applicable competition organization. Athletes must meet all eligibility and membership requirements before competing.
- **Fees and payment:** Registration fees are due at the time of registration unless another arrangement has been approved by the Head Coach. Competition fees and other required charges must be paid by the stated deadlines.
- **Competition eligibility:** Athletes may not be entered in meets when required registration, membership, or competition fees are outstanding, unless an alternate arrangement has been approved by the Head Coach.
- **Refunds:** Registration fees are refundable until team uniforms have been ordered. Once uniforms have been ordered, any refund may be partial or unavailable, depending on costs already incurred and the circumstances. Decisions will be made by the Head Coach or designated club administrator.
- **Accurate information:** Families are responsible for keeping contact, emergency, and relevant medical information current and notifying the club when information changes.

2. PRACTICE, ATTENDANCE & TRAINING EXPECTATIONS

- Athletes are expected to arrive on time, prepared, dressed appropriately, and ready to participate. Practice begins at the scheduled time.
- Consistent attendance supports athlete development and team readiness. Parents/guardians should notify a coach as early as possible when an athlete will be late or absent.
- Athletes are expected to listen to coaching instructions, participate in assigned activities, demonstrate a positive attitude, and give an honest effort appropriate to their age and ability.
- Athletes must tell a coach if they are injured, ill, unusually fatigued, or experiencing pain or another physical limitation. Parents/guardians should communicate relevant concerns before practice.
- Coaches may modify an activity, restrict participation, or ask an athlete to stop training when safety or well-being is a concern. Athletes should never feel pressured to train through pain or injury.
- Athletes must use equipment and training areas as instructed, follow facility rules, and remain in designated practice areas unless a coach or parent/guardian has authorized otherwise.
- Team prayer or a moment of reflection may be offered at team activities. Participation in prayer is voluntary. All athletes and families will be treated respectfully regardless of personal beliefs.

3. ATHLETE CODE OF CONDUCT

Every athlete is expected to:

- Treat coaches, teammates, officials, volunteers, competitors, and spectators with respect.
- Follow reasonable instructions from coaches and meet officials, and ask questions respectfully when clarification is needed.
- Show good sportsmanship whether winning, losing, being selected, or not being selected for an event.
- Encourage teammates and help create an environment free from teasing, bullying, intimidation, harassment, discrimination, gossip, and retaliation.
- Resolve disagreements calmly. If an issue cannot be resolved respectfully, seek help from a coach rather than escalating the conflict.
- Never threaten, physically fight, or engage in aggressive behavior toward a teammate, coach, official, competitor, or anyone else.
- Use appropriate language and behavior at all team activities. Profanity directed at or used to intimidate others is not acceptable.
- Respect personal boundaries. Unwanted touching, sexualized conduct, or inappropriate displays of affection are not permitted during team activities.
- Represent Charlotte Heat positively in person and online. Do not post or share threatening, harassing, humiliating, or private content about teammates, coaches, officials, or the club.
- Take responsibility for personal belongings, team equipment, and the cleanliness of practice and competition areas.

4. COMPETITION & TEAM REPRESENTATION

- Athletes must arrive at competitions at the time communicated by the coaching staff and check in with the designated coach or team representative.
- Athletes are expected to wear the required team uniform and approved team attire when representing Charlotte Heat. Coaches will communicate any event-specific dress requirements.
- Athletes should wear appropriate warm-ups or other clothing over competition uniforms when not actively preparing for or participating in an event, consistent with meet rules and coach direction.
- Coaches will recommend and confirm event participation based on athlete development, readiness, performance, meet rules, and team considerations. Athletes and families should communicate questions or scheduling conflicts before entries are finalized.
- Once an athlete is entered in an event, the athlete and family are expected to honor that commitment. Any injury, illness, emergency, or unavoidable conflict must be reported to a coach as soon as possible.
- Athletes must follow instructions from meet officials, remain aware of event calls and check-in times, and demonstrate respect toward officials and other teams.
- Athletes should remain with the team in the designated team area unless a coach or parent/guardian has approved another arrangement. Parents/guardians are responsible for coordinating with coaches if their athlete will leave the team area.
- Athletes may participate in school track competitions. Families must notify the coaching staff about school and other outside competitions that may affect training, availability, recovery, or meet scheduling.
- Athletes and families must follow all AAU, meet-host, venue, and facility rules. Where an external rule is stricter than a club guideline, the applicable external rule must be followed.

5. PARENT/GUARDIAN CODE OF CONDUCT

Parents and guardians play an important role in creating a positive experience. Families are expected to:

- Treat athletes, coaches, officials, volunteers, other families, and opposing teams with courtesy and respect.
- Encourage effort, improvement, sportsmanship, and enjoyment rather than focusing only on times, places, medals, or outcomes.
- Avoid coaching from the sidelines or contradicting instructions during practice and competition. Questions about training or event decisions should be addressed privately with the coaching staff.
- Never use threatening language, profanity, intimidation, or abusive behavior toward an athlete, coach, official, volunteer, or another family.
- Avoid criticizing, embarrassing, or comparing athletes in front of teammates or other families. Performance concerns should be discussed privately and constructively.

- Use the club's communication channels appropriately. Do not spread rumors, share confidential information, or use group messages and social media to attack or publicly confront individuals.
- Respect coach and athlete boundaries. Parents/guardians should raise concerns with the appropriate coach or club administrator rather than attempting to discipline another family's child.
- Follow facility rules, including no smoking, vaping, or consumption of alcoholic beverages in athlete areas or during activities where athletes are present.
- Ensure that their athlete is dropped off and picked up according to communicated procedures and that the athlete has appropriate supervision.
- Understand that coaches and many club staff members may be volunteers. Communicate respectfully, allow reasonable time for a response, and recognize that coaches may be supervising athletes during practices and meets.

6. ATHLETE SAFETY, SUPERVISION & PROTECTION

- Athlete safety is a shared responsibility. Athletes and families must promptly report injuries, unsafe conditions, bullying, harassment, inappropriate conduct, or concerns about an athlete's well-being to a coach or club administrator.
- Parents/guardians must provide accurate emergency contact information and disclose relevant medical or support information needed to help the club respond appropriately. The club is not a substitute for medical care.
- Coaches and volunteers are expected to maintain appropriate professional boundaries, communicate in an appropriate manner, and follow applicable facility, event, and youth-sport safeguarding requirements.
- One-on-one interactions between adults and athletes should be observable and interruptible whenever reasonably possible. Adults should use appropriate team-approved communication channels and include a parent/guardian when appropriate.
- Athletes must not leave a practice, meet venue, or designated team area without permission under the club's communicated release and supervision procedures.
- Parents/guardians remain responsible for arranging transportation to and from activities unless the club has expressly organized and communicated a team transportation plan.
- Photos, videos, and athlete information must be handled respectfully. Families should honor any applicable photo or media preferences submitted to the club and must not share another athlete's private information without permission.

7. TRAVEL, COMMUNICATION & TEAM ACTIVITIES

- Families are responsible for reviewing schedules, arrival times, venue information, travel details, and changes communicated by the club.
- Athletes must follow coach instructions and venue rules while traveling or participating in team-sponsored activities.
- Parents/guardians must communicate travel, lodging, supervision, and pickup arrangements directly with the coaching staff when those arrangements affect team participation.
- Team group chats, email, and social media channels should be used for appropriate team-related communication. Messages must remain respectful and should not be used to bully, threaten, or publicly shame anyone.
- Families should promptly notify the coaching staff if an athlete's availability changes or if an issue arises that may affect participation.

8. DISCIPLINARY PROCEDURES & ACCOUNTABILITY

The club will address conduct concerns in a manner that considers the nature of the behavior, the athlete's age and understanding, the impact on others, prior concerns, and any relevant circumstances. Corrective action may include:

- **Coaching conversation:** A reminder of expectations and an opportunity for the athlete to correct the behavior.
- **Individual conference:** A private discussion with the athlete and, when appropriate, the parent/guardian.
- **Written behavior plan or warning:** Clear expectations and steps for improvement.
- **Temporary restriction or suspension:** Removal from a practice, competition, or other team activity when necessary to address conduct or safety concerns.
- **Dismissal:** Removal from the program when conduct is serious, repeated, or incompatible with the safety and well-being of the team.

Serious incidents: Threats, physical aggression, bullying, harassment, discrimination, retaliation, substance-related concerns, or conduct that creates an immediate safety risk may result in immediate removal from an activity or temporary suspension while the club reviews the matter.

Fair and appropriate response: The club will make reasonable efforts to understand the concern and communicate with the athlete and parent/guardian before a longer-term disciplinary decision, when circumstances permit. Immediate safety measures may be taken without prior notice.

No exercise as punishment: Physical activity, conditioning, laps, push-ups, or other workouts will not be assigned as punishment. Training modifications or conditioning must be based on legitimate coaching, developmental, or safety purposes.

The Head Coach or designated club leadership will oversee disciplinary decisions. Families may request a private conversation with club leadership if they have concerns about how a matter was handled.

9. QUESTIONS, CONCERNS & RESOLUTION

- Families are encouraged to bring questions or concerns directly and respectfully to the appropriate coach.
- Whenever possible, request a private conversation at a reasonable time rather than approaching a coach during active instruction, an event, or another time when athlete supervision is the priority.
- If a concern is not resolved, families may request that it be reviewed by the Head Coach or designated club leadership.
- Concerns involving athlete safety, abuse, harassment, or other serious misconduct should be reported promptly and do not need to wait for the normal communication process.

10. CLUB COMMITMENT

Charlotte Heat Track Club is committed to providing a development-focused environment where athletes can learn, compete, build confidence, and grow as individuals. We ask every athlete, parent/guardian, coach, and volunteer to help uphold these standards.

Our success is measured not only by performances and results, but also by the character, respect, accountability, and sportsmanship our athletes demonstrate.

WE DON'T HOST TRYOUTS. WE DEVELOP ATHLETES.

Developing Athletes. Building Character. Creating Opportunities.

ACKNOWLEDGMENT & AGREEMENT

CHARLOTTE HEAT TRACK CLUB

By signing below, we acknowledge that we have received, read, and discussed the Charlotte Heat Track Club Team Rules, Policies & Code of Conduct. We understand that participation in club activities is subject to these expectations and applicable AAU, meet-host, venue, and facility rules.

We agree to make a good-faith effort to follow these policies, communicate respectfully, support a safe and positive team environment, and bring questions or concerns to the appropriate club representative.

We understand that violations may result in corrective action, restriction from activities, suspension, or dismissal from the program, depending on the circumstances and seriousness of the conduct.

Athlete Name _____

Athlete Signature _____

Date _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Date _____

For younger athletes: A parent/guardian should review these expectations with the athlete in language appropriate to the athlete's age. The athlete may sign or otherwise acknowledge the expectations with the parent's/guardian's assistance.

Questions or concerns: Please contact the Charlotte Heat coaching or club leadership team through the club's published contact information.