



“Tigres vision is to provide high quality track and field programs that enhance children’s lives”

ATHLETES CODE OF CONDUCT

I, _____, hereby pledge to be positive about my Tigres experience and accept responsibility for my participation by adhering to the **Athletes’ Code of Conduct** as follows:

- I will demonstrate and encourage good sportsmanship from myself and my fellow athletes at every practice and meet.
- I will attend every practice and meet that I can, and will notify my coach at least 24 hours beforehand if I cannot.
- I will do my best to listen and learn from my coach.
- I will treat my coach, other players, officials and spectators with dignity, fairness and respect.
- I will not use my words or gestures to taunt or bully any person. If I am witness to bullying behavior, I will inform an adult as soon as possible (ie. My parents, the coach or other trusted adult.)
- I will offer encouragement to my teammates.
- I deserve to have fun during my track and field experience and will alert my parents or coach if it stops being fun!
- After each race or event, I will demonstrate a “Winning without gloating” or “Losing without complaining” attitude.
- I will always put forth my best effort and take pride in doing so.
- I will take pride in my appearance and adhere to the dress code as stated in the Tigres Handbook. My failure to follow the rules of the dress code could result in my inability to participate in the practice, meet or event.

It is imperative that players conduct themselves in a proper manner. Use of profanity, verbal, or physical harassment towards officials, staff, coaches, or players will not be permitted or tolerated. I understand that failure to abide by the above Code of Conduct may result in practice or meet suspension or temporary (possibly permanent) Tigres Club expulsion.

Athletes’ Signature _____ Date _____