TABLE OF CONTENTS

1. Purpose & Mission
2. Club Core Values
3. Athlete Rules
4. Parent & Guardian Rules
5. Coach & Volunteer Rules
6. Practice & Training Standards
7. Meet & Competition Behavior
8. Sportsmanship & Team Expectations
9. Social Media & Digital Conduct
10. Safety & Athlete Welfare
11. Attendance & Commitment
12. Communication & Conflict Resolution
13. Discipline & Corrective Action
14. Our Commitment

If you have any concerns, feel free to email westminstertrackandfieldclub@gmail.com. This document can also be found on the club website.

1. PURPOSE & MISSION

Westminster Track & Field Club is a youth track & field and cross country program located in Westminster, MD, serving athletes from ages 7 to 18.

Our club provides a supportive, energetic, and inclusive environment where athletes of all experience levels can learn, grow, compete, and challenge themselves.

During the spring track & field season, athletes have opportunities to participate in:

- High Jump
- Long Jump
- Triple Jump

- Shotput
- Discus
- Turbo Javelin
- Javelin

- Hurdles (80m and 100m)
- Sprints (100m, 200m, 400m, 4x100m and 4x400m)
- Distance (800m,1500m, 3000m and 4x800m)

During the fall cross country season, athletes develop endurance, resilience, race strategy, and mental toughness while competing in distances ranging from 1K through 4K.

Our club mission extends beyond athletic performance.

We strive to develop athletes who are:

Confident.
Respectful.
Hardworking.
Supportive.
Leaders.
Resilient.

The purpose of this handbook is to establish clear expectations for athletes, parents/guardians, coaches, and volunteers and to help maintain a safe, positive, respectful team environment.

2. CLUB CORE VALUES

Every member of Westminster Track & Field Club is expected to follow the club core values:

WORK HARD

Give your best effort every practice and every competition. Improvement comes from consistent effort.

BE DISCIPLINED

Listen to your coaches, follow team expectations, be prepared, and take responsibility for your training.

SHOW RESPECT

Treat teammates, coaches, opponents, officials, volunteers, and facilities with respect.

COMPETE WITH INTEGRITY

Compete fairly, follow the rules, be honest, and take responsibility for your actions.

NEVER QUIT

Everyone experiences setbacks. Learn from them, stay positive, and keep working toward your goals.

BE A TEAMMATE

Encourage others, celebrate their accomplishments, and support your teammates whether you are competing or cheering from the sidelines regardless of age.

LEAD BY EXAMPLE

Leadership isn't just being a captain. Be someone others can look up to through your attitude, effort, and actions.

STRIVE FOR EXCELLENCE

Set goals, challenge yourself, and always look for ways to improve as an athlete and as a person.

3. ATHLETE RULES

Athletes are the heart of Westminster Track & Field Club and are expected to represent themselves, their families, and the club appropriately.

3.1 Athletes Shall

- Treat everyone with dignity and respect.
- Follow reasonable instructions from coaches and club officials.
- Encourage teammates.
- Respect opposing athletes and teams.
- Demonstrate good sportsmanship.
- Take responsibility for their actions.
- Maintain a positive attitude.
- Make a genuine effort to improve.
- Respect club property and facilities.

3.2 Athletes Shall Not

- Bully, harass, threaten, or intimidate another person.
- Use abusive, threatening, or discriminatory language.
- Deliberately damage property.
- Steal or misuse another person's property.
- Disrespect coaches, officials, teammates, opponents, or volunteers.
- Intentionally distract or interfere with another athlete's performance.
- Leave a designated practice or competition area without permission.
- Engage in inappropriate behavior that could negatively affect the club.

3.3 Athlete Attitude

Athletes are expected to understand that:

- Coaches are responsible for coaching.
- Officials are responsible for officiating.
- Parents are responsible for supporting their athletes.
- Athletes are responsible for their own effort, attitude, and behavior.

Athletes are expected to learn from mistakes rather than allowing frustration to negatively affect teammates or coaches.

4. PARENT & GUARDIAN RULES

Parents and guardians are important members of the Westminster Track & Field Club community.

4.1 Parents/Guardians Shall

- Encourage effort and personal improvement.
- Support their athlete's goals.
- Treat coaches, officials, athletes, and other families respectfully.
- Follow club and facility rules.
- Allow coaches to coach.
- Allow officials to officiate.
- Communicate concerns privately and respectfully.
- Ensure athletes arrive prepared and on time.
- Pick up athletes promptly.
- Notify coaches of attendance issues.
- Support all athletes, not only their own child.
- Encourage good sportsmanship.

4.2 Parents/Guardians Shall Not

- Yell instructions at athletes during competition.
- Argue with officials.
- Confront opposing athletes or parents.
- Publicly criticize coaches.
- Ridicule or embarrass athletes.
- Create distractions during competition.
- Enter restricted competition areas without permission.
- Engage in aggressive or threatening behavior.

Parents are encouraged to cheer, encourage, and celebrate athletes while allowing coaches and officials to perform their responsibilities.

4.3 Coaching From the Sidelines

Parents/guardians should avoid providing technical coaching or correcting athletes during practices or competitions unless specifically requested by a coach. Conflicting instructions can create confusion and negatively affect an athlete's experience.

5. COACH & VOLUNTEER RULES

Coaches and volunteers serve as role models and representatives of Westminster Track & Field Club. All coaches are to be certified volunteers via Carroll County Rec Council.

5.1 Coaches Shall

- Put athlete safety and welfare first.
- Treat athletes fairly and respectfully.
- Provide age-appropriate instruction.
- Encourage effort and improvement.
- Promote teamwork and sportsmanship.
- Maintain appropriate professional boundaries.
- Follow club safety procedures.
- Provide constructive feedback.
- Communicate appropriately with athletes and parents.
- Respect officials and opposing teams.
- Maintain appropriate supervision.
- Report serious safety or conduct concerns.

5.2 Coaches Shall Not

- Use physical punishment.
- Humiliate or intentionally embarrass athletes.
- Threaten athletes.
- Use abusive or discriminatory language.
- Engage in inappropriate physical contact.
- Encourage unsafe participation.
- Show favoritism.
- Retaliate against an athlete or parent.

Coaches are expected to maintain a professional environment in which athletes can learn, compete, and develop.

6. PRACTICE & TRAINING STANDARDS

Athletes are expected to arrive at practice:

- On time.
- Properly dressed.
- Properly hydrated.
- Prepared to participate.
- Ready to listen and learn.

Athletes must follow all instructions regarding:

- Warm-ups.
- Stretching.
- Running drills.
- Jumping events.
- Throwing events.
- Sprinting and hurdles.
- Cross country training.
- Equipment use.
- Facility safety.

Equipment

Club and facility equipment must be treated with care.

Athletes should:

- Use equipment only as instructed.
- Return equipment after use.
- Keep training areas clean.
- Report damaged equipment.
- Never use throwing equipment without coach authorization.

7. MEET & COMPETITION BEHAVIOR

Competition is an opportunity to demonstrate athletic ability, preparation, character, and sportsmanship.

7.1 Before the Meet

Athletes shall:

- Arrive at the designated location and time.
- Check in with their coach.
- Know their scheduled events.
- All athletes must be in a complete Westminster Track & Field Club issued uniform at meets. If there is an issue with the uniform, please let us know. Athletes may wear solid black or white colored compression shorts and shirts underneath their uniform.

7.2 During Competition

Athletes shall:

- Listen to coaches and officials.
- Follow competition rules.
- Respect competitors.
- Remain in designated areas.
- Cheer appropriately for teammates.
- Avoid interfering with other athletes.
- Demonstrate good sportsmanship.

7.3 After Competition

Athletes should:

- Congratulate competitors.
- Thank coaches and volunteers.
- Help clean team areas.

7.4 Officials

Athletes, parents and coaches shall:

- Follow up with head coach for any discrepancies to report to officials / timing crew.

Athletes, parents, and coaches shall not:

- Argue with officials.
- Insult officials.
- Threaten officials.
- Follow officials to continue an argument.
- Encourage athletes to disrespect officials.

Questions about officiating decisions should be handled respectfully through the appropriate coach or meet procedure.

---

8. SPORTSMANSHIP & TEAM EXPECTATIONS

Westminster Track & Field Club believes that sportsmanship is an essential part of athletic development.

Athletes should:

- Congratulate competitors.
- Encourage teammates.
- Celebrate accomplishments without disrespecting others.
- Accept victories humbly.
- Accept losses respectfully.
- Learn from setbacks.
- Support teammates who are struggling.

Remember:

Your performance represents you.
Your behavior represents the team.

9. SOCIAL MEDIA & DIGITAL CONDUCT

Social media is an extension of an individual's public behavior.

Athletes, parents, coaches, and volunteers are expected to use social media responsibly.

Prohibited Online Conduct

Members shall not use social media, text messages, group chats, or other digital platforms to:

- Bully or harass another person.
- Threaten another person.
- Spread malicious or intentionally harmful information.
- Post embarrassing or inappropriate content about another athlete.
- Share private information about another person.
- Encourage inappropriate behavior.
- Publicly attack coaches, officials, athletes, or other families.

Photos & Videos

Members should respect the privacy of other athletes and families when taking or sharing photographs and videos.

Photographs or videos should not be used to embarrass, ridicule, threaten, or otherwise harm another athlete.

While the club cannot actively monitor what is posted on an individual’s social media account, the club photography practices will be handled in accordance with the photo consent policies completed by each participating family.

10. SAFETY & ATHLETE WELFARE

Safety is a shared responsibility.

Athletes must immediately notify a coach if they:

- Become injured.
- Experience unusual pain.
- Feel dizzy or ill.
- Cannot safely continue an activity.
- Observe unsafe equipment.
- Observe an unsafe situation involving another athlete.

Athletes should never hide an injury simply to continue competing.

Coaches have the authority to remove an athlete from an activity when they believe continued participation presents a safety concern.

11. ATTENDANCE & COMMITMENT

Consistent attendance is important to individual and team development. It is understood that an athlete may not attend every practice and that is acceptable.

Athletes are expected to:

- Attend scheduled practices when possible.
- Arrive on time.
- Participate actively.
- Remain engaged during training.
- Respect teammates' time and effort.

12. COMMUNICATION & CONFLICT RESOLUTION

Westminster Track & Field Club encourages respectful communication.

When a concern arises:

Step 1 — Pause

Allow emotions to settle following a practice or competition.

Step 2 — Communicate Privately

Discuss the concern respectfully with the appropriate coach.

Step 3 — Club Leadership

If the concern cannot be resolved, it may be brought to club leadership.

Step 4 — Serious Concerns

Safety, abuse, harassment, threats, or other serious concerns should be reported immediately to appropriate club leadership and, when appropriate, the relevant authorities.

Public confrontations, social-media disputes, and attempts to embarrass another member are not acceptable methods of resolving disagreements.

13. DISCIPLINE & CORRECTIVE ACTION

When a violation occurs, the club may take corrective action appropriate to the circumstances.

Possible corrective actions include:

1. Verbal reminder or correction.
2. Discussion with the athlete.
3. Parent/guardian notification.
4. Meeting with the athlete and parent/guardian.
5. Temporary removal from an activity.
6. Loss of participation privileges.
7. Removal from a specific team activity.
8. Suspension from the club.
9. Termination of participation with the club.

The severity and circumstances of the conduct will be considered when determining an appropriate response.

Serious Misconduct

Certain behavior may result in immediate removal from an activity or suspension while the matter is reviewed.

Examples include:

- Fighting.
- Threats of violence.
- Serious harassment or bullying.
- Deliberate property destruction.
- Theft.
- Possession of a weapon at club activities.
- Alcohol or illegal drug use during club activities.
- Serious safety violations.
- Conduct that places another person in significant danger.

The club reserves the right to take immediate action when necessary to protect athletes, coaches, volunteers, families, and the integrity of the program.

14. OUR COMMITMENT

Westminster Track & Field Club was founded with a simple goal: to give every athlete in our community the chance to learn, and grow through running, jumping and throwing. With that being said, Westminster Track & Field Club is more than just a place to compete.

We want every athlete to have the opportunity to develop athletic ability while also learning valuable life skills.

Athletes should leave our program with more than medals, ribbons and personal bests.

They should leave with:

Confidence to face challenges.

Discipline to keep working.

Respect for others.

The resilience to overcome setbacks.

ATHLETE PLEDGE

I will **work hard.**
I will **stay disciplined.**
I will **respect my teammates, coaches, opponents, and officials.**
I will **compete with integrity.**
I will **be resilient and learn from my mistakes and never give up.**
I will **support my team and lead by example.**
I will **strive for excellence on and off the track.**

I will represent WTFC with pride,
compete with purpose,
and lead with character.