

Warrior Athletic Club – Athlete Expectations & Agreement

The Warrior Athletic Club takes pride in being more than just a track team—we are a family. As a Warrior athlete, you are expected to uphold the highest standards of respect, discipline, and sportsmanship at all times. Your actions on and off the track represent yourself, your teammates, your coaches, and your family. To ensure a positive and successful team environment, all athletes must agree to the following expectations:

Athlete Expectations

1. Be Respectful On and Off the Track

- I will treat my coaches, teammates, officials, and competitors with respect at all times.
- I will use positive and encouraging language, avoiding any form of disrespect, arguing, or negativity.
- I will not use profane, offensive, or inappropriate language at practice, meets, or any team-related events.

2. Be Coachable and Committed

- I will listen to my coaches and follow their instructions without argument.
- I will maintain a positive attitude and be open to learning and improving.
- I will give my best effort in every practice, meet, and workout.

3. Follow Team Dress Code

- I understand that I am representing Warrior Athletic Club, and I will dress appropriately.
- I will wear a shirt at all times—crop tops or overly exposing clothing are not allowed.
- Shorts must be at least 5 inches in length, and all uniforms must be worn properly.

4. Come Prepared Every Day

- I will bring all necessary equipment (running shoes, spikes, water, uniform, etc.) to practice and meets.
- I will be on time, mentally and physically ready to train and compete.

5. Support and Protect My Team

- I will treat my teammates like family and support them through victories and challenges.
- I will not engage in bullying, gossip, or actions that bring down my teammates.
- I will uphold the Warrior Athletic Club values and represent my team with pride.

6. Be a Leader and Role Model

- As an older athlete, I will mentor and look out for younger athletes, setting a strong example.
- I will conduct myself with integrity and discipline at all times, both in and out of competition.

- I understand that my actions reflect on my coaches, team, and family, and I will strive to be a model athlete.

Agreement & Signature

By signing below, I acknowledge that I have read, understand, and agree to abide by the Warrior Athletic Club Athlete Expectations. I understand that failure to meet these expectations may result in disciplinary action, including loss of participation privileges.

Athlete's Name: _____

Athlete's Signature: _____

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____