

# ADRENALINE ATHLETICS PARENT/ATHLETE

## CODE OF CONDUCT

Adrenaline Athletics parents are held to a high standard of behavior. Our goal is to surround ourselves with **POSITIVE** parents who strive to reach the teams' goals. Parents/guardians please read through the following obligations explaining each element and sign.

1. I will not use inappropriate language or participate in inappropriate behavior. I will not participate in consumption of alcohol or drugs during competition or any Adrenaline Athletics Event. I understand that all my actions both inside and outside the gym are a reflection of Adrenaline Athletics and should model good behaviour.
2. I understand that this is a full **one year** commitment and that the team is depending on me. If I quit or get kicked off the team I am bonded by this contract to pay for the entire year.
3. I will encourage a positive attitude with my athlete, and I will follow the instructions given by all coaches and will work hard to help my athlete achieve goals set by these coaches. I realize that a positive attitude is contagious and will do my best to influence my teammates in a positive manner.
4. **NO ONE** is allowed to yell onto the floor or try to make contact with students and coaches during classes. Coaches are certified to instruct the levels they are instructing and need to be respected as such. These distractions can be dangerous, disrespectful and will not be tolerated.
5. I will not disrespect any team member, coach, parent or competitor from Adrenaline Athletics or any other gym for ANY reason at ANY time. This includes face-to-face, telephone, text, email and social networking sites. I will also respect our equipment and facility.
6. **NO GOSSIP** about any other teams (all-star or school), **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about coaches and staff. It is much better to address a problem than to listen to idle gossip. Be a positive addition to the Gym.
7. Never post any negative comments about Adrenaline Athletics (teams, athletes, or coaches) on any websites or chat rooms. Posting while wearing Adrenaline Athletics clothing of any kind that is not deemed morally acceptable by a coach or parent will be asked to take post down immediately.
8. I will demonstrate good sportsmanship by striving to be a humble winner and a gracious loser.
9. I will learn and obey the rules and regulations of Adrenaline Athletics, this is for my own and my athletes safety and wellbeing, as well as others.
10. I will make sure my athlete wears the scheduled practice clothing to every practice. I understand that it is MY athletes' responsibility.
11. I understand that it is my responsibility to keep up with email information, newsletters about competition times, etc.
12. I understand that all material, music and routines are the property of Adrenaline Athletics and are not to be used for any other purposes including school squads, talent shows, social networking sites, personal web pages and internet video sites.
13. To help my athlete train sensibly by drinking plenty and eating well.
14. Understand that my athletes well being is the priority, and organize his/her training around studies and family commitments.
15. Understand that my actions are a reflection of the team/program/gym, and therefore I demonstrate this in my conduct in and out of competitions
16. I understand that breaking any of the codes of conduct may result in suspension or dismissal of my athlete from the Adrenaline Athletics gym without a refund of any fees paid.
17. I will follow the proper chain of communication and respect the texting/messaging/email/call protocol.

Parent Sign \_\_\_\_\_ Print Name \_\_\_\_\_  
Athlete Sign \_\_\_\_\_ Print Name \_\_\_\_\_  
Gym Owner Sign \_\_\_\_\_ Date \_\_\_\_\_