

## Team Guidelines for Behavior

Assumption Track and Field is generally blessed with girls who possess great character and demonstrate excellent judgment. Regardless of how well our girls behave, situations can and do arise where a specific girl may struggle with making proper choices. Our guidelines are primarily designed to create appropriate boundaries for our girls – something that can hopefully make tough choices easier at decision time.

Every girl on our team must follow the rules which apply to all Assumption students and should always embody the character expected of each member of the Assumption community.

There are 3 areas where our team builds upon the rules which apply to all Assumption students. As a team, we will not tolerate certain behavior, and will consider dismissing girls from the team if we believe they struggle with following these guidelines.

- **Honesty.** Honesty is what binds everything together on our team. Honesty is not always an easy option, but it is the best option. We expect athletes to be forthcoming when asked questions, and that they will (confidentially) share instances where they become aware of team rules being violated.
- **Respect.** Our girls should be respectful in terms of their interaction with coaches, teammates and fellow competitors. Respect should be demonstrated at all times in several different ways, which include, but are not limited to the following interactions:
  - **Athlete-Coach:** when a coach asks you to do something, you should do it to the best of your ability, and if a coach is attempting to speak with you, then you should be respectful. If you don't understand a coach's request or don't understand the reasoning behind that request, then it's appropriate for you to ask questions in a respectful manner. If you believe that a specific coaching request is unreasonable, then it's appropriate for you to address this with your coach in a respectful manner. *Note that when it comes to dealing with questions or concerns, there is a process regarding the Chain of Command that's outlined in the Athletic Department's Handbook which we expect both athletes and parents to follow.*
  - **Athlete-Athlete:** we always speak respectfully about teammates in any public setting (e.g. social media, or via gossip). We understand that issues can arise between team members, but interpersonal problems should not spill over into practice or meets, and they should never affect an athlete's ability to practice or compete. *We assume that our girls will address these issues in a mature manner and work to resolve them. If it's necessary for a coach to assist in this resolution, then we are happy to do so. In situations where a problem is not addressed, however, and that problem appears to negatively affect someone's ability to practice or compete, then the coaches will step in to address the issue whether asked to do so or not.*

- **Athlete-Team:** our athletes should always demonstrate a high level of respect for their team by supporting teammates and encouraging them at both practice and in meets. We also expect our athletes to assist the team whenever needed (e.g. helping put on the various events we host), and to always strive to be an excellent representative of our team.
- **Athlete-Other teams:** we should respect other teams in the same manner that we respect our teammates. I.e., we should be supportive and encouraging of other teams, even though we are competing against them.
- **Drugs-Alcohol-Tobacco.** In signing the Drug-Alcohol-Tobacco form, Track & Field athletes agree to abstain from drugs, alcohol and tobacco. The coaching staff further believes that it is best for our girls to avoid situations where this behavior occurs. Attending such events can send a bad signal about oneself or the team as a whole, because we are typically viewed within the context of our associations. Attending events that involve alcohol or drugs may also expose our girls to potential harm. We build upon the Athletic Department's policy for dealing with drug and alcohol use as follows.

If, during the season, we learn that one of our athletes has attended an event where drugs were taken or underage drinking occurred, then we will meet with that athlete and her parents to discuss the situation. We will not allow that girl to participate in any team-related function (i.e. practice, meet or team event) until we have determined the extent of her involvement. If she was not involved, then we will allow her to return to the team. If she is guilty of breaking the school's drug and alcohol rules, then we'll proceed with the Athletic Department's policy for such situations AND contact any appropriate legal and school authorities to report the matter.