



Policies, Rules, and Codes of Conduct

Policies and Rules

Age Requirements

- A. Youth (Male or Female) between the ages of 6 and 18 are allowed to participate.

Fees

- A. Registration fee per participant is \$300 (*please make checks payable to The Sacramento Speed Factory*).
- If you have more than one athlete joining the Team, the fee for each additional athlete is \$250
 - Registration fee for High school aged Athletes joining after their high school season is \$150
- B. After the final day of the first week of practice there are **NO REFUNDS**, all fees are non-refundable... this includes incidents of self-removal and/or removal from the Team due to a coach's decision. There are **NO REFUNDS** for **ANY** High School aged Athletes joining after their high school season.

Birth Certificates

- A. Copies of birth certificates are mandatory for your athlete to participate as a member of the Sacramento Speed Factory. **All new parents are required to submit a copy of their new athlete's birth certificate prior to March 15th**, or as soon as possible for High School aged Athletes joining after their high school season.

Practice Sites and Schedules

- A. The Sacramento Speed Factory hosts two practice sites as follows:

North Sacramento Area:

The North area practices regularly on Tuesdays, Wednesdays, and Thursdays from:

- Prior to daylight savings = 6:00PM – 7:15PM
- After daylight savings = 6:00PM – 7:15PM

South Sacramento Area:

The South area practices regularly on Mondays, Tuesdays, and Wednesdays from:

- Prior to daylight savings = 5:15PM – 6:15PM
- After daylight savings = 6:00PM – 7:15PM

- B. The first and second weeks of the season both sites practice four days a week, three days at their perspective sites, and an additional 4th day (Saturday), at: Glenn Hall Park - 5415 Sandburg Dr. Sacramento, CA. from 9:00AM – 10:30AM.

Track Meets

- A. The Sacramento Speed Factory competes in track meets scheduled throughout Northern California (i.e. Sacramento County, Alameda County, Santa Clara County, San Joaquin County, Placer County, and Fresno County).
- B. Most track meets are one day meets, but we do occasionally compete in two day meets.

Inclement Weather Policy

- A. Practice persists in most cases, even if it is raining. In cases of severe weather, practice may be cancelled. If practice is ever cancelled a message will be sent (emailed) via Shutterfly by 4:30PM stating either: 1) Practice has been cancelled for the North practice site; 2) Practice has been cancelled for the South practice site; or 3) Practice has been cancelled for the North and South practice sites. As we do practice on ALL WEATHER tracks for the most part, in most instances practice will go on.

Please do not send emails or text messages throughout the day asking if practice is going to be cancelled or not due to inclement weather, because we wait until about 4:30PM to make final decisions regarding practice.

“TO BE NUMBER ONE, YOU HAVE TO TRAIN LIKE YOU’RE NUMBER TWO...”





- B. In most cases track meets will run rain or shine. In cases of severe weather a track meet “MAY BE” cancelled or rescheduled to a later date. If this occurs notice be sent out (emailed) via Shutterfly to notify everyone as soon as we become aware.

Practice Dress Attire

- A. No Jeans permitted.
- B. Non running shoes (i.e. vans, flip flops, etc) are not permitted (as they could harm an athlete’s feet).

Fundraising & Parent Participation

- A. Parent/Athlete participation in team fundraising activities is **MANDATORY**. Parents/Athletes that do not participate will be immediately dismissed from the Team with NO REFUND OF ANY FEES.

Team Rules

- A. Any Athlete entered to compete, but misses a track meet will not be entered into the next scheduled track meet.
- B. In an effort to prevent athletic coaching discrepancies; possible mental anguish due to philosophical coaching differences; and possible permanent physical damage to your athlete, any Sacramento Speed Factory parent or athlete that engages assistance from PERSONAL TRAINERS or COACHES of other programs/schools/teams will be removed from the Team with NO REFUND OF ANY FEES.
- This does not apply to Athletes competing in high school during their high school season
- C. Do not give an athlete advice which directly or indirectly contradicts that of his/her coach.
- D. Athletes will consistently show up to practice on time and stay for the duration.
- Any Athlete that misses two (or more) practices in a week WILL NOT be registered to compete in that week’s meet
- E. If Parents leave during practice for whatever reason they shall return prior to the end of practice.
- Please understand that the coaches have families and commitments to attend after practice
- F. Parents, Athletes, and Guests shall refrain from all manner of personal abuse and harassment of others, whether verbal, physical, emotional or sexual.
- G. Parents, Athletes, and Guests shall refrain from using any illegal substances or tobacco products, or imbibing alcohol in the presence of Athletes or at practices and/or track meets.
- H. Parents, Athletes, and Guests shall not practice or participate in unsafe activities while at track practice and/or track meets to include, but not limited to: climbing fences or trees, scaling bleachers, walking, playing, jumping, or running along high edges with no fencing or retainers around them, etc.
- I. Parents, Athletes, and Guests will treat each other with mutual respect or refrain from interacting.
- J. No sports or dye-flavored drinks are allowed on the track.
- K. When Athletes are tired and unable to give their 100% best performance, they will still give 100% of their best effort.
- L. Parents shall remain off the track during practice (If you would like to walk, please walk elsewhere).
- M. Coaches will be available 24hrs a day through e-mail, and/or before and after practice for meetings and/or Parent/Athlete conversations.
- If emailing please allow at least 48 hours for a response
- N. If the Team rules are not adhered to Parents, Athletes, and/or Guests may be suspended from practice and/or track meets, and/or dismissed from the Team.





Coaches Code of Conduct

The Sacramento Speed Factory Track and Field coaching staff will:

- 01) Observe all Team rules and strive to make each Athlete feel as if he/she is a valuable member of the team regardless of any physical or developmental limitations he/she may have.
- 02) Keep in mind at all times that I am a youth sports coach, and that my emphasis is on individual improvement opposed to comparative improvement with regards to speed, strength, power, coordination, mental fortitude, and confidence.
- 03) Use positive coaching methods to make the experience enjoyable for Athletes, but also be honest and constructively critical (when and as required).
- 04) Treat Parents, Athletes, opposing Coaches and Athletes, and Officials with respect and dignity, and instruct my Athletes and their Parents to do the same.
- 05) Model grace, dignity, composure, and sportsmanship regardless of the outcome of an event.
- 06) Teach the principles of fair competition and sportsmanship to my Athletes and model these principles for them at all times.
- 07) Encourage safe participation at all times and not allow any unsafe activities.
- 08) Report any conduct that violates this code or adversely affects the positive, kid-friendly environment of the Sacramento Speed Factory as appropriate.
- 09) Discipline as necessary and within my means any behavior by a Coach, Athlete, Parent, or Guest to include suspension and/or dismissal from practice facilities and/or the Team in its entirety.
- 10) Promote a safe and fun practice environment.
- 11) Teach track and field techniques, terminology, procedures, and courtesies.

Athlete Code of Conduct

The Sacramento Speed Factory Track and Field athletes will:

- 01) Observe all Team rules.
- 02) Go to the bathroom prior to attending practice and/or meets
- 03) Treat Parents, Athletes, Guests, opposing Coaches and Athletes, and Officials with respect and dignity.
- 04) Display the principles of fair competition and sportsmanship (no boasting or bragging to competitors)
- 05) Not participate in any unsafe activities or horse-play while at practice and/or track meets.
- 06) Come to practice ready to work, with the goal of improving their own abilities.
- 07) Come to practice committed to giving 100% effort, even when unable to give a 100% performance.

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Parent Code of Conduct

The Sacramento Speed Factory Track and Field athlete parents will:

- 01) Observe all Team rules.
- 02) Understand that your athlete has joined the Sacramento Speed Factory and as such, it is the Sacramento Speed Factory Coaching staff that determines the events in which ALL athletes compete throughout the year. (Your input is always welcomed and taken into consideration, but not necessarily followed)
- 03) Treat Parents, Athletes, Guests, opposing Coaches and Athletes, and Officials with respect and dignity.
- 04) Model grace, dignity, composure, and sportsmanship regardless of the outcome of an event or line-up.
- 05) Not yell at or degrade any Athlete at practices or meets
- 06) Consistently bring Athletes to practice on time and for the duration of practice.
- 07) Be at practice prior to its end.
- 08) Report any conduct that violates this code or adversely affects the positive, kid-friendly environment of the Sacramento Speed Factory Coaching Staff.
- 09) Parents shall remain off the track during practice (If you would like to walk, please walk elsewhere).
- 10) Support the goals of the Sacramento Speed Factory Track and Field, which include teaching youth to work together cooperatively and develop self-esteem and sports skills through practice and competition; and to above all else, to have fun.

Athlete and Parent Acknowledgements

Furthermore, I understand that, as a spectator, if my conduct or language is deemed to be unsportsmanlike and/or disruptive by Coaches and/or Officials, I may be asked to leave the practice facility grounds or track meet area in which my son(s), daughter(s), friend or relative are competing.

We have read and fully understand the Sacramento Speed Factory Track and Field Team Policies, Rules, and Codes of Conduct. Furthermore, we freely and voluntarily agree to adhere to the previously stated Policies, Rules, and Codes of Conduct as described.

ATHLETE PRINTED NAME: _____

PARENT PRINTED NAME: _____

PARENT OR ATHLETE SIGNATURE: _____
(Parent if Athlete is under the age of 18)

Date: _____

