



Oak Hill Racing Code of Conduct – Athletes

- Arrive on time to practice and competitions
- Come prepared to practice by wearing proper shoes and attire; bring sweats in case the weather gets chilly
- Ensure that you are mentally ready to train
- Hydrate, eat nutritionally and get plenty of sleep prior to practice and competitions
- Follow all rules
- Acknowledge and demonstrate good safety in practices and events
- Demonstrate positive open communication between coaches, athletes, parents & officials
- Positively support Oak Hill members at practice and in competition
- No gossiping or slandering others on the team
- Respect the Oak Hill coaching staff, Oak Hill team members, officials, other coaches and opponents
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Strive not only to be the best athlete but also the best student; keep your grades up
- Foul language will not be tolerated
- Be honest
- Have fun!

Oak Hill Racing Code of Conduct – Parents

- Work all required volunteer support hours (home meet, championship meets, other as needed)
- Ensure your athletes arrive on time to practice and competitions and do not leave early
- Allow enough time to stay and support ***all*** Oak Hill team members at competitions
- Provide water, nutritional food and a quiet place to sleep for your athlete
- Demonstrate positive open communication between coaches, athletes, parents & officials
- No gossiping or slandering others on the team
- Respect the Oak Hill coaching staff, Oak Hill team members, officials, other coaches and opponents
- Allow the coaches to do their job and coach your child; do not coach your child during a practice or competition and undermine the coaching staff
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Support volunteer opportunities
- Foul language will not be tolerated
- Be honest
- Have fun!

Signed by Athlete

Signed by Parent