

RULES FOR ATHLETES

The HMTC purpose during the summer is to teach basic track skills and to help athletes extend their potentials through effective practice and performance.

Parents who decide to coach their athletes are always welcome to become members of the club.

Parents who coach their athletes will not be able to practice at the same time as HMTC unless given special permission from the head track coach of HMTC.

Parents/Guardians who wish to coach or help train athletes must complete a sex offender form and submit it to the National Office before being allowed to coach or help with athletes.

All athletes are expected to be on time for practice and scheduled events

There will be a very low tolerance for lack of self-discipline, poor attitudes, and poor efforts.

Athletes labeled in the categories mentioned will be warned and if the behavior continues, they will be dismissed from the team.

Athletes will respect themselves, coaches, parents, and all adults at all times.

Athletes must dress appropriately when at practice and on trips. Sagging pants, bikini shorts, exposed mid drifts, head rags are prohibited.

Because we do many stretching exercises while sitting, athletes (male and female) will wear shorts that will allow them to sit and stretch without exposing their private body parts.

Music instruments and cell phones will not be allowed on the practice field or field of competition.