



Texas Premier Performance
Athletics

Coaches' Conduct Agreement

CONDITIONING YOUNG MINDS and BODIES for the FUTURE

- ◆ Respect our athletes
- ◆ Demonstrate positive open communication between coaches, athletes, parents and officials
- ◆ Reprimand or confrontation with an athlete will be restricted to the athletic domain and administered tactfully without insulting or using a derogatory tone
- ◆ Adhere to all rules, roles and responsibilities, and guidelines of USTAF, AAU, the Gulf Association, and PPA
- ◆ Acknowledge and demonstrate good safety in practices and at events
- ◆ Demonstrate respect and ethical conduct in interactions with officials, other coaches, opponents, and all others in the athletic setting
- ◆ Refrain from making derogatory and/or negative commentaries regarding USATF, AAU, the Gulf Association, PPA, PPA staff/volunteers, any athletes, or parents via social media
- ◆ Exhibit self-control in disagreements and emotional situations
- ◆ Refrain from criticizing other coaches, officials, or athletes
- ◆ Ensure that when you leave an area (practice or meet), you leave it cleaner than when you arrived
- ◆ Support volunteer opportunities provided by the Gulf Association / AAU / USATF (e.g. volunteer support for school district, NCAA, and Olympic Development meets)
- ◆ Continually seek opportunities to improve skills as a track and field coach
- ◆ Refrain from smoking at practices or meets or bringing alcoholic beverages to any Premier Performance sponsored athletic events
- ◆ Do not create a hostile environment
- ◆ Attend Coaches Meetings as designated by PPA Head Coaches
- ◆ Be honest, exercise integrity, and have fun!

Coach Signature

Date



Texas Premier Performance
Athletics

Athletes' Conduct Agreement

Athlete Name: _____

CONDITIONING YOUNG MINDS and BODIES for the FUTURE

- ◆ Arrive on time to practice and competitions
- ◆ Come prepared to practice by wearing proper shoes and attire
- ◆ Bring a towel or blanket to lay on during warm ups, cool down, and ab workout
- ◆ Ensure that you are mentally ready to train
- ◆ Hydrate, eat nutritionally, and get plenty of sleep prior to practice and competitions
- ◆ Follow all USATF, AAU, Gulf Association, and PPA rules /guidelines
- ◆ Refrain from making derogatory and/or negative commentaries regarding USATF, AAU, the Gulf Association, PPA, PPA staff/volunteers, any athletes, or parents via social media
- ◆ Acknowledge and demonstrate good safety in practices and events
- ◆ Positively support fellow Premier Performance Team Members at practice and in competition
- ◆ No gossiping or slandering others on the team
- ◆ Respect the Premier Performance coaching staff, team members, officials, opponents, other coaches, and yourself
- ◆ 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
- ◆ Do not smoke, drink alcoholic beverages, use illegal drugs, or take USATF and AAU banned substances
- ◆ Wear the team uniform neatly and properly at all competitions
- ◆ Do not create a hostile environment
- ◆ Be honest
- ◆ Have fun!

Athlete Signature

Date



Texas Premier Performance
Athletics

Parents' Conduct Agreement

CONDITIONING YOUNG MINDS and BODIES for the FUTURE

- ◆ Ensure your athletes arrive on time to practice and competitions
- ◆ Allow enough time to stay and support all Premier Performance team members at competitions
- ◆ Provide water and nutritional food for your athlete
- ◆ Demonstrate positive open communication between coaches, athletes, parents and officials
- ◆ Refrain from gossiping or slandering others on the team
- ◆ Refrain from making derogatory and/or negative commentaries regarding USATF, AAU, the Gulf Association, PPA, PPA staff/volunteers, any athletes, or parents via social media
- ◆ Respect the Premier Performance coaching staff, team members, officials, other coaches, and opponents
- ◆ If you have an issue or concern, you should schedule an appointment to discuss with the division coach and / or the head coach – You should not demand an immediate hearing at practice or a competition as this approach is generally confrontational and non-productive
- ◆ Ensure that when you leave an area (practice or meet), you leave it cleaner than when you arrived
- ◆ Support volunteer opportunities provided by the Gulf Association / USATF / AAU (e.g. volunteer support for school district, NCAA, and Olympic Development meets)
- ◆ Do not smoke at practices or meets nor bring alcoholic beverages to any Premier Performance sponsored events
- ◆ Do not create a hostile environment
- ◆ Be honest
- ◆ Have fun!

Parent Signature

Date