

Information for Parents / Parent Code of Conduct Valley Royals Track and Field Club



Background:

Our goal at the Valley Royals is to create a positive environment for all athletes, regardless of ability, one where all athletes feel safe, are encouraged to try their best, and to achieve their full potential. In so doing, athletes develop strong character that will help them both on the track and throughout their lives. Parents of Valley Royals athletes play a key role in creating this environment. **As such, it is expected that parents of Valley Royals athletes will:**

1. - act as ambassadors for the club and the sport of track and field, always demonstrating respect, sportsmanship and a positive attitude towards their own child, and their child's coaches, competitors, teammates, meet officials and volunteers.
2. - not force their son or daughter to participate in track and field. If their son or daughter does not wish to do track and field, parents should find a different sport or activity for them to do. Parents should understand that kids who are forced into an activity rarely enjoy it and rarely stay in that activity.
3. - understand that Valley Royals coaches will always place an athlete's **long-term** best interests, physical and emotional well-being ahead of winning.
4. - have an understanding of long-term athletic development. Parents should familiarize themselves with the "Canada Sport For Life" program, as it guides the training principles of the Valley Royals. You can find more information at: <https://sportforlife.ca/long-term-development/>. In short, for an athlete to achieve their full potential in any sport, athletes must be in that activity for the long game, but in such a way that is appropriate for their age and physical and emotional maturity. Young athletes should not specialize in any one sport or event. Parents should discourage specialization and encourage their son or daughter to participate in a variety age-appropriate sports and activities.
5. - let the coaches do the coaching. An athlete's performance suffers when he or she receives inconsistent instruction. Parents must not undermine their son's or daughter's training or competition by attempting to coach them. Parents must leave it to the coaches to provide the instruction and give their son or daughter space when they are training or competing, helping their son or daughter to learn independence.
6. - help their son(s) and/or daughter(s) maintain a healthy balance between their participation in track and field, other sports, their schoolwork, friendships, family life etc.
7. - go to the athlete's specific coach if there is a concern. If the concern is not resolved, parents should notify the head coach.