

LAKE HOUSTON CONQUERORS
Track & Field ATHLETE Code of Conduct



1. I have read, I believe, and I will support the LHC Statement of Faith.
2. I will demonstrate the character quality of attentiveness by listening to the instructions of my coaches.
3. I will demonstrate the character quality of faithfulness by attending (to the best of my ability) all practices and meets. I will show up on time, with proper equipment, and ready to participate. If I will miss a practice or meet, I will notify the coach ahead of time.
4. I will demonstrate the character quality of orderliness by abiding by the following dress code. The LHC dress code is designed to prevent provocative clothing that could cause another to stumble. If a player is in violation of the following guidelines, they will not be allowed to participate until the violation has been corrected.
 - a. No jewelry or watches will be worn during practices or meets.
 - b. Maintain a clean-cut appearance during the season; no radical hairstyles or colors, no visible tattoos, and no visible body piercings. **Girls may have pierced ears but cannot wear earrings or hair hardware during practices or meets.**
 - c. Dress appropriately for all team events. Coaches will determine practice & meet attire.
 - i. Guys – shirt required, no cut or sideless shirts, no spandex shorts worn alone
 - ii. Girls – no halter tops; no sheer or tight/form-fitting/spandex clothing, tube tops, mesh tops, or tops that reveal midriff when athlete’s arms are raised
 - iii. Shorts, skirts, and dresses must be at least mid-thigh in length.
 - iv. All undergarments must be covered; including sports or workout types.

** This dress code is not exhaustive and the LHC Board reserves the right to make a final determination of what dress is considered unsatisfactory. **
5. I will maintain a positive, teachable attitude no matter how many events I get to compete in. I will honor my teammates by submitting to the greater good of the team at the expense of my own ambitions.
6. I will demonstrate the character quality of respect by accepting the decisions of those in authority (coaches, parents, and officials) without argument, grumbling, or gesturing of any kind. I will respect each facility by picking up my trash before leaving.
7. I will seek to honor God and demonstrate the character quality of self-control by:
 - a. Not participating in the use of profane language, alcohol, tobacco, or drugs
 - b. Not jeering, booing, or belittling other players
 - c. Not participating in ridicule, manipulative intimidation, or boastful chanting towards opponents
8. During all trips, practices, and meets, I will keep my focus on track & field and avoid pairing off with a person of the opposite sex. I will also refrain from any public displays of affection. On a road trip, I will honor the curfew set by my coaches.
9. Regarding LHC – I will not place any negative or inappropriate content on Facebook or any other social media. This includes the use of profanity, airing grievances with another player/parent/family/team, or any other content that does not reflect a Christ-like attitude.
10. I will demonstrate the character quality of discipline by following the rules established by my team and the LHC program.

FAMILY LAST NAME: _____

DATE: _____

Athlete Signatures

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|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |