

February 12, 2015

## Race Team Code of Conduct – The Team and Parents

Every year when the new race season is about to begin, Frazier Cycling reviews our Race Team Code of Conduct with our juniors and their parents. Even though our Code of Conduct is presented when new junior members join, we have found that it is an important reminder to revisit our code before the start of each race season. We remind our juniors and their parents that our code is applicable to each junior member, their parents, their families, our coaches, and staff because all of these people are considered to be members of our team.

It is likely that you perform this same practice. As such, we thought you might appreciate our sharing our Code of Conduct and how we present it to our team members.

While reviewing our Code of Conduct with our team, we reiterate our team rules and we emphasize what is expected regarding behavior. We explain that Frazier Cycling manages the team and enforces the rules to insure the team's success and harmony. We stress that all team members must abide by our rules and our decisions. We are clear on our position and it is understood that those who choose not to comply will be expelled.

At the same time, we let our parents know that you are open to suggestions, but that our decisions are final. We are firm in this area because meddling parents can be disruptive to the program, the team, and even to their own child.

Barbara Greene, *Pure Performance – Sport Psychology*, who is sport performance consultant to Frazier Cycling states, "Running a team and coaching are two highly complex and difficult jobs. They have become even more complicated with the parenting style of today. Those factors have driven a lot of good people out of coaching. Too often coaches work to have everyone like them. Having everyone respect you is better for the team and performance, but that tends to get lost."

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### **Race Team Code of Conduct**

It is a privilege to participate as a member of the Frazier Cycling Race Team. All Race Team Members and Junior racer parents, friends, and families must abide by the following Code of Conduct.

1. I will respect and abide by all Frazier Cycling Rules.
2. I will encourage my teammates to abide by Frazier Cycling Rules.
3. I will show the upmost respect to my teammates, my coaches, officials, competitors and parents. I will treat my teammates, my coaches, officials, competitors, and parents with upmost consideration, regardless of how they treat me.
4. I will encourage my teammates to show respect to teammates, coaches, officials, competitors, and parents.
5. I will be a team player. I will put the interests of the team above my personal interests.
6. I will arrive on time and prepared for all Frazier Cycling events.
7. I understand that I am responsible for making sure that I have all of my equipment in good working order for all Frazier Cycling events.
8. I will encourage my teammates and competitors.
9. I will be an advocate for my teammates.

10. I will not complain or whine.
11. I will not engage in unsportsmanlike conduct with any teammate, coach, parent, competitor, official or other attendee under all circumstances.
12. I will discourage my teammates from engaging in unsportsmanlike conduct with any teammate, coach, parent, competitor, official or other attendee.
13. I will not engage in any behavior that would endanger the health, safety or well-being of any coach, parent, competitor, official or other attendee.
14. I will discourage my teammates from engaging in any behavior that would endanger the health, safety or well-being of any coach, parent, competitor, official or other attendee.
15. I will not use drugs, alcohol, or tobacco products.
16. I will discourage my teammates from using drugs, alcohol, or tobacco products.
17. I will not engage in the use of profanity or other offensive language without exception.
18. I will discourage my teammates and any other person in the use of profanity or other offensive language.
19. I will refrain from mocking others and using insulting names.
20. I will discourage my teammates from mocking others and using insulting names.
21. I will do my best to represent the best of Frazier Cycling at all times.
22. Juniors - I understand that school is my primary responsibility. As such, I understand that if I fail to maintain a B average or if I get into trouble at school, I may be suspended from the team at the discretion of the coaches.

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We maintain our Race Team Code of Conduct and club rules on our website such that they are always available to our members and others who visit our site.

Reference:  
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