

Welcome to
Cleveland Youth Running Club



The CYRC Coaches are glad to have you join the TEAM! This guide is meant to provide the code of conduct expected from the athletes and parents as they are ambassadors of our program and examples of leadership and character within their TEAM relationships and their communities.

Mission Statement

*Cleveland Youth Running Club
empowers the youth to live a healthy lifestyle,
to grow into leaders, and to foster a sense of community
through competition and teamwork.*

Vision Statement

*To be Ohio's premiere youth running club
while positively impacting our communities and each other.*

WHO WE ARE

The TEAM

Cleveland Youth Running Club is the home for all youth runners — from beginners to future Olympians. Our TEAM is composed of winners on and off the track and trails. There's always room for another champion on our TEAM.

Coaches:
Craig Nieset
Brad Geletka
Justin Thomas
Ella Thomas

VALUES

Character - Commitment - Community

Excellence - Health - Leadership

Respect - Responsibility

Teamwork

Trust

TEAM Practices

CYRC meets for practice twice per week (Tuesdays / Thursdays 6:00-7:30 p.m.) and offers guidance on training M/W/F/Sat/Sun for those seeking additional conditioning.

Athletes are expected to participate in-person at T/TH practices. Unless otherwise notified ahead of practice, coaches reserve the ability to disallow athlete participation at scheduled meets if athletes do not attend practices.

Practices are posted in the BAND app and parents are asked to RSVP to practices prior to; Parents can decline practice as a means of notifying coaches that athletes will be absent and message coaches as necessary directly in BAND.

TEAM Meets & Competitive Running

- The CYRC Meet Schedule is posted in the BAND app and parents are asked to RSVP to meets prior to.
- Parents can decline athlete participation in a meet as a means of notifying coaches that athletes will be absent and message coaches as necessary directly in BAND.
- Once athletes and parents have committed to competing with CYRC for a season, they cannot compete with additional clubs and/or TEAMS during the scheduled season.

TEAM Gatherings

- The TEAM enjoys building camaraderie and that happens when we work hard, compete hard and enjoy time together.
- The TEAM will host periodic TEAM dinners and while all athletes are encouraged to attend, attendance is not mandatory.
- The TEAM looks forward to celebrating athlete achievements at an end of season ceremony. Details will be posted later in the season and shared in the BAND app.

TEAM Uniforms

Athletes are required to compete in CYRC TEAM uniforms which can be ordered through the CYRC website.

TEAM Forms

Prior to participation, athletes / parents are required to sign and acknowledge this document;

Complete the Athlete Information Form (Google Doc);

Complete the General Athlete Release Form

Complete the Medical Release Authorization Form; Complete Preparticipation Physical Evaluation packet.

Download the BAND App to your mobile device for all TEAM/Athlete related communications; and

Pay the TEAM fees for the respective Cross-Country / Indoor Track / Outdoor Track Season.

TEAM Communications

All communications relative to:

-practices, athletes, meets, TEAM gatherings

Should be communicated **directly** with coaches through email and BAND. Coaches will respond to athlete and parent communications in BAND or via email within 24-hours.

In cases of emergency, coaches may be contacted directly via personal phone numbers.

TEAM Parents Code of Conduct

- I will put the emotional and physical well-being of youth participants ahead of a personal desire to win.
- I will respect players, coaches, officials, spectators, and families at all times.
- I will respect the decisions of officials or coaches.
- I will not engage in any violence or verbal threats or use any profanity.
- I will not yell advice to my child during a competition.
- I will model good sportsmanship for all youth participants.
- I will not belittle or ridicule anyone involved in a youth sporting event—in public, private, in-person, via text message or online.
- I will do my part to keep sports fun and positive for every youth participant.

TEAM Athletes Code of Conduct

- I will **show good sportsmanship** to teammates, coaches, officials, opponents, and parents at every game and practice.
- I will learn the value of commitment by participating in as many practices and competitions as I can.
- I will **encourage my teammates** and praise good efforts.
- I will be honest, fair, and respectful to others at all times.
- I will aim to learn all I can from sports.
- I will arrive at practice on time and be ready to dedicate my attention to my coaches.

By signing, athletes and parents acknowledge the values, general operating procedures and code of conduct of Cleveland Youth Running Club. Athletes and Parents whose behaviors do not operate in accords with the acknowledged CoC are subject to removal from the TEAM. Athletes and parents will receive one warning and a conversation with coaches prior to such removal.

Athlete Signature

Date

Parent / Legal Guardian Signature

Date

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