



OHIO HEAT Track Club

Parent/Athlete Handbook

Approved for 2024/25 Season



HEAT(Hardworking – Eager –Authentic- Teachable).

Our player/parent handbook is designed to educate you about our club, our coaching philosophy and how to be successful within the Ohio Heat Track Club. We hope this handbook will provide you information that will be useful to your decision on whether to commit to Ohio Heat during the upcoming season.

OHIO HEAT TRACK CLUB

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AAU DIVISION

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Amateur Athletic Union

DIVISION	2023	2024	2025	2026
8 & Under	2015 & After	2016 & After	2017 & After	2018 & After
9 Year Old	2014	2015	2016	2017
10 Year Old	2013	2014	2015	2016
11 Year Old	2012	2013	2014	2015
12 Year Old	2011	2012	2013	2014
13 Year Old	2010	2011	2012	2013
14 Year Old	2009	2010	2011	2012
15-16 Year Olds	2007-2008	2008-2009	2009-2010	2010-2011
17-18 Year Olds	2005-2006	2006-2007	2007-2008	2008-2009

***Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Games shall be eligible to compete in the 17-18 years division.**

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OHIO HEAT TRACK CLUB

WELCOME!

Welcome to the outdoor season. You are starting on an exciting journey as a member of Ohio Heat Track Club. I am sure you will find success on and off the track. This season holds many amazing opportunities for running well. We will also be creating some incredible new memories, as we have fun, along with working hard towards our goals, making new friends, and running with old friends, both in practice and in competition. I trust you are ready to begin practicing, both physically and mentally, with this team as we look forward to competition. Choose a great attitude. It is said that life is 10 % what happens and 90% how you react. It is equally true that attitude is contagious, good or bad, so please honestly ask yourself—is yours worth catching? I hope you are looking forward to a rewarding season. I expect great things and hope you're expecting that too.

Thanks to all the parents! Thanks for being your child's biggest supporter as they participate in this fantastic sport. Also, thank you in advance for getting your athlete to practice and to the meets. Please refer to the website for practice updates, meets and special activities.

Please know what is required of you—

Athletes must be good listeners, respectful, ready to learn and give their best effort while choosing safe running behavior; **Coaches** must be prepared, organized, teach thoroughly, and provide corrective and positive evaluation; **Parents** must trust the process, show sportsmanship (represent yourself, and our team) and consistent positive encouragement. Please let the coaches coach, your main job is to be a cheerleader.

We look forward to this season, as you become a part of this year's diligent, hardworking, and successful team. Most importantly we expect to have some fun while accomplishing many of these goals. Again, in order to do this, we expect hard work and dedication as well as having positive attitudes. Our primary goal is to be excellent—on and off the track.

If you have any questions about our program or wish to give input about the contents of this handbook, please feel free to contact our admins, Thank you.

Go HEAT!

Head Coach/Owner Tremayne Peppers

Mission Statement

“Success for the Ohio Heat is progression. Improving in all aspects of Track & Field and in the classroom. Everyone can’t be a world beater but everyone through hard work, dedication and trusting the process can get better and that is our expectation here at Ohio Heat.”

WE ARE OHIO HEAT

STAFF

- **Coaching Staff**
 - ★ **Coach Tremayne/** Owner & Head Coach Sprints & Jumps
 - ★ **Coach Joe/** Assistant Head Coach Sprints & Distance
 - ★ **Coach Christine/** Assistant Head Coach Field Events/Hurdles
 - ★ **Coach Adrienne/**Assistant Coach Sprints & Jumps/Head of Youth Development
 - ★ **Coach Kel/**Assistant Coach
 - ★ **Coach Ira/**Assistant Coach
 - ★ **Coach Dexter/**Assistant Coach

- **Administration**
 - **Jessica Dixon/** Athletic Director 614.419.1478
 - **Gloria McIntosh/** Team Manager- 614.312.3809

Business inquiries:

OhioHeatTrack@gmail.com

Policy & Procedures

Multi-Sport Athletes

While we support multi-sport participation, athletes must prioritize their commitment to our team and sport during the season. This includes attending all practices, meets, and team events, as well as maintaining a high level of fitness and skill development.

Athletes must communicate with their coaches about any conflicts with other sports or commitments that may affect their availability for practices or games. Open and honest communication is key to ensuring a successful season for both the athlete and the team.

Parent Meeting

There will be monthly mandatory parent meetings the first practice of each month. These meetings are held during practice, please be prepared to receive information, pay fees, and ask any questions or address any concerns. We will utilize this time to gain understanding and communicate in an open forum, while being respectful and receptive to our counterparts.

Team Fees & Billing

Team fees vary within the club and compared to other clubs based on how much your group practices and the Meet schedule that your coach selects. Your athletes team fee includes:

- Admin Fee – covers registration for staff, equipment, website
- Coaching Fee – covers coaching stipends for head and assistant coaches.
- Gym Fee – covers costs for practice gyms/tracks
- Travel – covers hotel, mileage and meal per diem for coaching staff (not for athletes).

Your Athletes team fee does not include the following expenses:

- Any travel expenses or meals for athletes.
- Meet registration
- Uniform
- Team cooler expenses
- AAU membership for Athletes.
- Apparel or accessories such as warm-ups, shoes, spikes, or gym bags/backpacks.

Billing and Payment Policies:

- **Responsible Party** - The parent or guardian who signs the participation agreement is liable for any and all fees, dues, and charges for goods and services incurred by the participant. By signing the agreement, the responsible party accepts liability and agrees to be bound by the terms of the agreement. The agreements for all sibling participants, regardless of which parent or guardian signs as the responsible party, will be treated as one account for the purposes of this liability.
- **Late Fees or Returned Item Fees** - A \$15.00 late fee will be assessed to any account if the payment is not received within 7 days of the stated due date. In the event a check or credit card draft used to pay fees is returned to OHTC or refused for payment regardless of the reason for refusal, a \$30.00 service fee will be assessed to the participant's account and a cashier's check or money order will be required for all further payments.
- **Refunds** – If the participant becomes disabled or so severely injured while playing or practicing with the club that she cannot practice or compete for more than 2 months then a refund will be given if paid in full for following non participating months, or of paid monthly, the fee for the rest of the month provided there are more than 9 practice days left. The responsible party will still be required to pay all incurred costs prior to injury to include AAU membership and uniforms. The club will return any unused portion of prepaid fees to the responsible party within 10 business days.
- **Statements/Invoice** - Participants will receive written statements of amounts payable for fees and services used by the participant. Accounts may be paid by credit card, check, money order or the team paylink.
- **Payments** –Please write the players name in the memo line on any payment form. Under no circumstances should payments be given to coaches. All payments need to be paid through invoice or with the Team Manager.

Payment Schedule

- **Payment Plan** – If a specialized monthly payment plan is necessary for your family please contact the Team Manager to make arrangements.
- **Delinquent Payments** – A player who is delinquent with payments will not be placed on the Practice List. Players not on the Practice list are not able to participate and may not register for any upcoming Meets. Accounts that remain unpaid after the 7th of the month will be considered “Not in Good Standing” and three or more NIGS marks, with no proper communication, may result in a dismissal from the team.

Scholarships and Need-Based Aid: Club Track has expenses that are related to team fees as well as the travel-associated costs that come with participation with all groups. We are committed to the goal that no deserving athlete will be prevented from being in the club for lack of funds, please see admin for scholarship inquiries, and if you are a family that would like to donate to the scholarship program, please send donations to team paylink in the memo line add “Scholarship Donation”.

Fundraising:

OHTC parents may conduct a number of individual fundraising events during the season. Proceeds from these fundraisers go directly to the individual athlete’s account- the % depends on the fundraiser. Participation in an individual fund raising activity is strictly voluntary.

Scholarships:

Every club season, OHTC may award scholarship money to one or more families needing assistance with an athlete’s fees. Families will be required to fill out an application, which can be requested from the Team Manager or the Athletic Director. The amount available every year fluctuates and all funds are distributed at the discretion of our Board and Club Director. In the event that an athlete is voluntarily or involuntarily removed from the team, the responsible party for that athlete must pay back the full scholarship amount.

Practice & Events

Practice Policy

OHTC practices 3-5 days per week. Team practices are usually 1.5-2 hours in length. Some coaches may have additional specialty practices based upon coach preferences for their group. Coaches will sometimes schedule additional practices in preparation for major events. There are times when our practice schedule will change based on weather conditions or school events. The club will make every attempt to reschedule training time during that week rather than losing a practice.

Practice Rules:

Our focus with practice is to work on technique and become more disciplined. To achieve that, certain rules are required by all teams as detailed below:

- Every practice is important. It is expected that each player will exercise good time management skills so that scheduling conflicts are kept to a minimum.
- All athletes are expected to make every effort to attend practice. If an athlete must miss a practice, a telephone call or text (not email) to their head coach is expected at least 4 hours before practice. Only after attempting and failing to reach your head coach, or the

administrative team, can a player contact a teammate to relay the message to the head coach. Advanced notice is expected if the missed practice is due to vacation, school function or another event scheduled in advance.

- Missing practice may result in loss of participation in certain Meets, based upon whether the absences are excessive
 - Excused absences are for family or school events in which the player cannot control the scheduling of that event (concerts, plays or games) can still result in recommended meet withdrawal.
- Injured athletes who can attend school are expected to attend practice and be available to get help where they can, even if they cannot physically participate in practice. Players with fever or stomach flu (diarrhea and/or vomiting) should not come to practice.
- Scheduled practice time is start time. Please arrive early enough to be dressed and completely ready for practice by start time. This usually requires arriving no less than 15 minutes before start time.
- All practices are semi-open and in some practice locations, closed due to spacing. Parents are welcome to observe practices from the designated parent area, or wait in their vehicle until practice is over. Parents may not coach or offer instruction to their child or another team member at any time during practice. Parents are not permitted on the track, fence, or athlete area unless requested by the coaching staff. Athletes that interrupt practice to go to their parents, will have extra reps and/or be dismissed from practice. Parents who interrupt practice with sideline coaching will be asked to leave practice with their athlete.
- There will be no jewelry allowed at practice. Please leave your jewelry at home.
- No cell phone usage during practice
- No horse play- you must practice safety measures at all times
- No flip flops, crocs, or sandals of any sort- unless a specialty supportive slide specifically for recovery.
- No midriffs or sports bras w/o a cover up
- **No co-training with outside clubs or trainers, unless approved by the Head Coach**

Competing

Competing, for many Athletes and parents, is a central concern that can distract from our focus on the athlete's success and can often create division within the team. At Ohio Heat we believe your biggest competition is found within yourself, don't compare yourself to others - compare yourself only to who you were yesterday. As much as we like to pride ourselves on being one of the best teams in the Midwest, please understand Track is also very much an individual pursuit. It's you vs you.

In any case, every athlete will have an equal opportunity to compete within their age group/ events during practice and at meets. An athlete's time can be affected by any of the following:

- Practice attendance
- Ability to perform at the necessary level for a skill or position
- How an athletes attitude adds to or detracts from the chemistry or performance of training with coaches/teammates
- Past performance during the qualifiers or the last week of practice
- Effort and work ethic
- The importance of the meet
- Not being in good standing with respect to team fees

***It is our goal that all athletes have some on-track/field role every participating meet. There may be exceptions with athletes recovering from injuries, problems with adherence to team rules/policies (parents & athletes)

- All running events and relays are decided by the coaches and are not negotiable. Coaches have the right to run whomever they think is best suited for a position and who helps contribute to the team's development and success. Here are some suggestions on how to talk with your coaches about running events/relays.
- Avoid language that is demanding or accusatory. Instead ask, "What can I do to participate in a relay or a certain event..."
- Avoid seeking to talk to your coach when you are emotional. We seek to utilize the 24-hour rule if at all possible.
- Parents may participate in the conversation with the coach but the athlete should always be present when discussing running/field issues.
- We will not discuss other athletes on the team but will focus on what you, the athlete, need to do to have opportunities to meet your goal.
- While email or a phone call can start a discussion we prefer that all running discussion to be in-person with the coach and the athlete and scheduled before or after practice.

Events

Specific events for AAU Track and Field will vary but these are the typical events we will participate in:

- AAU District Qualifiers
- AAU Regional Qualifiers
- AAU Open Masters Outdoor Championships
- AAU Club Championship

- AAU Junior Olympic Games

Hosting Events

Occasionally Ohio Heat Track Club hosts Meets during indoor/outdoor season. Families have two responsibilities with regards to the hosting Meets:

- Families are expected to volunteer their time with helping with check in, front door, awards etc.
- Our Ohio Heat teams will stay until the end of each Meet that we participate in. After the last event, our teams will assist with officiating for out of town teams and help with cleanup and/or teardown.

Parent Guidelines:

- We strongly recommend that players get a nutritious meal and have a 10:00PM curfew the night before a Meet.
- Parents are responsible for the transportation of their athlete to and from Meets. We Recommended that athletes do not drive themselves to and from Meets. Car-pooling can be arranged with other teammates and is encouraged. Please be considerate and either arrange a ride exchange or contribute toward the cost of gas. Please inform coaches of ride arrangements for Meets outside of the Columbus area.
- Please adhere to all rules and regulations of each facility that hosts a Meet. Teams may be penalized by the site director if parents or team supporters ignore said rules.

Athlete Rules:

- If an athlete knows that they will miss a Meet, be late or have to leave early from an event, it is the athletes and parent's responsibility to notify the coach as soon as a conflict is identified.
- All athletes are required to be in the facility, ready to warm-up, at the scheduled start time set up by their head coach. Usually this will be when the gym opens, one hour prior to the start of the first event.
- Athletes are expected to avoid displaying negative emotions during Meets. Arguing with the officials, other athletes, or peers will not be tolerated. This goes for spectators and parents as well.

Team Area & Cooler:

Upon arrival, the team will identify a team area where the athletes can leave their bags and hang out between their events. The area may be a room, tent or simply a spot in the bleachers or grass. Either way, the team area represents our club and should be kept neat and organized at all times. Most athletes will bring some type of blanket and/or pillow, homework, a book, headphones/earpods or other items to help pass the time between events. Remember, the team area is not secure and valuables should be left at your own risk. Also, be sure to properly dispose of any trash and leave the area as we found it when the Meet is over.

Most Meets offer concessions. We encourage you to bring a cooler with items that will be satisfactory between events. In the event that there is a team cooler, the food will be kept in our team area and everyone associated with our team will be welcome to use the team cooler. We do ask that you let the players have first access to the items since they must coordinate meals and snacks with their event schedule.

Travel

Ohio Heat's travel policy places the responsibility of most aspects of travel to Meets and supervision of athletes on their parents. Parents are responsible for all costs for travel and meals for themselves as well as their athlete.

Hotel Policies:

- Our policy is that players will stay with their parents when traveling requires the team to stay in a hotel. If a player will not have a parent at the Meet then the parent should make arrangements with another parent or guardian on the team to stay with that family. In no case will a player stay in a room by themselves.
- While not a requirement, we prefer to have the team stay together in the same hotel if a family will be using a hotel. If that family has friends or other family in that community they can stay with them if they desire to do so.
- All players are expected to be in their rooms and in bed at curfew. Unless a coach has designated a specific time, the default curfew will be 10:00 pm.
- Though your hotel is your temporary home, it is also the temporary home of many others. You must respect the needs of others by keeping your voice down throughout the hotel.
- Athletes may not leave the hotel area at any time without permission from their parents or the parent that they are staying with. Athletes should never be alone. Use the buddy system.

- An athlete found in breach of the OHTC Code of Conduct (use of drugs/alcohol or possession of weapons) will be sent home immediately at the expense of the parent or guardian.
- An athlete who damages any property at a hotel or lodging will be personally responsible for damages.

Driving Policies:

- As a general recommended rule, athletes who are 17 years or older may drive to meets in Columbus. Outside of these areas, we suggest athletes to be driven by a parent or guardian. We do realize that this is not always possible, our goal is to keep our athletes safe and healthy at all times, and while we cannot enforce a driving rule, we can strongly recommend anything we think will aid our driving athletes to safe practices while under OHTC.

Communication Policy

Routine Team Communication

The primary way that you will receive communication from your coach or the club administration will be through email. If a last minute change occurs with a practice or with a tournament we will try to text out that information or use our team group chat. Billing information will be sent by email. It is critical that you provide the club with all email addresses where you want information sent as well as cell phone numbers for both parents and the athlete. If changes occur, please update the Team Manager.

Our expectation from parents and athletes is that immediate communication (about something in the next 4 hours) be made to coaches by text or direct message. If the subject is more distant we recommend email. We also recommend following up any important verbal notification with an email to act as a confirmation and reminder.

Website

Our website OhioHeatTrackClub.com has a lot of information and resources for parents or players. A directory exists on the website with email and phone numbers of all staff members and coaches as well as frequently asked questions. Parents will be asked to sign a release to post player names, pictures or recruiting information on the website. An athlete's home address or other contact information will never be posted on the website.

Social Media & Facebook

OHTC has a Facebook page and we encourage you to post the page and update everyone with results and pictures of our players and teams.

Social media can sometimes have a negative role and we would encourage athletes and parents to not use social media in a way that would be disruptive to team chemistry and cohesion. A good rule of thumb is to not post anything that you would not feel comfortable saying directly to the team or a particular person.

Athlete to Coach

Both athletes and coaches are responsible for establishing a relationship of trust and mutual respect. Bringing up a problem can be very difficult for an athlete but this is one of those life skills that sports can teach. Parents may need to push their athlete to take the first step though. Our coaches work to be approachable and to create a safe environment for athletes to bring up concerns.

For athletes, the most common concern that they have revolves around challenging running events, comparing themselves to peers, or not being considered for certain events. Our expectation is that the athletes should start these conversations by asking what they need to do and how he/she can work towards their overall success. Oftentimes, athletes are unclear on what they need to change or how certain athletes are chosen for specific events or how a relay is determined and an early conversation can address these questions.

Athlete to Athlete

It is our expectation that if a conflict arises between players on a team then it gets resolved outside of practice/tournaments time, if possible, so as to minimize the effect that it can have on the chemistry of the team. It is important for players to realize that they do not have to like everyone on the team or be friends with them but they can still respect their contribution to the team. If the conflict is not reconcilable then it is our expectation that the players involved should not aggravate the problem by involving other players or parents on the team with gossip, rumors or attacking people on Facebook or other social media.

Parents to Coach/staff

OHTC wants to encourage appropriate communication between our parents and the coaching staff of their athletes team. What is appropriate communication?

- **Any information about your child's health.** Recent illnesses, medical restrictions relative to practice, allergies, medication needs are all examples of important information that we want you to communicate to your coaches.
- **Any information about your child's emotional health.** It may be important for your coach to know if your child is struggling in school or had a recent death in the family or

is dealing with another emotionally charged issue. Without this context, your child's behavior in practice or during a Meet, may be interpreted as being lazy, unfocused or disrespectful.

- **A quick heads up that your child is struggling to talk with the coaches.** This is appropriate if it is only a head's up and not a detailed email. Remember that we begin this conversation with the athlete first.
- **Your positive experiences with the coach or the team.** If we are doing things right then reinforce that by letting us know.
- **Your willingness to become more involved.** If you want to help with pictures, video, fundraising or other activities to support your team and the club then let us know!

There are topics of communication with your child's coaches which are not appropriate or where there is a more appropriate venue to make that communication:

- **Conversations about play time.** If your daughter is receiving playing time consistent with this handbook and the expectations set forth by your coach at the player/parent meeting at the beginning of the season, and your daughter has not tried to discuss her playing time or her role on the team with her coach, it is inappropriate for you to do so. Before approaching the coach yourself, encourage your daughter to talk to her coach about what she can do to help the team and earn more court time or ask the coach to more clearly define her role on the team. If after this conversation, there are still concerns, at that time, a conversation with the coach, parent, and player may be appropriate. Request a meeting with the coach. The player must be present at the meeting unless there is a very good reason for her not to be.
- **Other athletes on the team.** Your personal opinions of other athletes' attitudes, skill, performance, or conduct are not appropriate topics of conversation for you to have with your child's coach. There are some exceptions with regards to code of conduct. A team chaperone should inform the coaches of any issues that arise on the team relative to Meet rules or club travel policies. Any issues relative to drugs, alcohol or weapons should be brought up with the head coach immediately. Please use your best judgment here, and understand that if you cross a line, the coach will let you know immediately that this is an inappropriate topic of conversation.
- **Coaching technique, tactics, systems, etc.** These are all issues that are not open for discussion or negotiation. There are opportunities with end of season parent evaluations to provide feedback on these topics to the coaching staff, and administration.
- **Poor Sportsmanship.** The Athletic director/ Team Manager will not tolerate aggressive parent behavior toward any of coaches, coaches of other clubs, parents, administration or

officials. If a parent exhibits this type of behavior, they will be appropriately sanctioned, which may include being asked to not attend practices/ Meets in the future or even dismissal from OHTC

Finding the Best Time to Talk

In looking for a good outcome to any meeting with your coach it is important to find the best time and setting for the conversation to occur. Here are some guidelines for finding the best time to talk.

- Little problems are easier to fix than big ones and little problems have a way of getting bigger when not addressed. If there is a question about what an athlete needs to do to reach a certain goal, don't wait for half the season to begin the conversation.
- Don't ask to meet during practice or during a Meet. Your coach will not meet with you at this time. Before or after practice is usually the best time. Please allow plenty of time for the meeting.
- The 24-hour rule is a good rule because it works! If there is any emotion to an issue then wait at least 24 hours after the issue before having a meeting.
- Provide a little prep for your coach but not too much before the meeting. Let your coach know why you want to meet but don't send a lengthy email. Emails or long phone messages tend to be too emotional and accusatory. Avoid that with just a brief note or conversation.

Evaluation Process

OHTC believes that athlete and parent feedback is critical to the growth and development of our coaching staff as well as to the continual improvement of the club as an organization. To that end we have two mechanisms in place to solicit your anonymous feedback. The first is a form submission page on our website at Ohioheatrackclub.com. Comments and feedback on this page will be forwarded to the club director. The second mechanism is a parent or athlete evaluation form that will be given during the last week of the regular season and collected at practice or during the last Meet of the season.

Our goal is to obtain constructive, actionable feedback and we welcome your honest feedback. We ask that you be constructive in your feedback as we will provide this to your child's coaches. Personal attacks or venting are not welcome. Consider the type of evaluation you would want as an athlete or from your supervisor at work.

Grievance Procedures

None of the coaches should be considered unapproachable. They are all very willing to listen to an athlete's concern and try to arrive at a mutual solution. Until the coach is made aware of the concern nothing at all can be done to alleviate it. We think the ability to confront and discuss potentially emotional topics is an absolutely necessary skill for negotiating conflict within one's life. However, we also realize there are times when a problem needs to be addressed and the athlete cannot bring themselves to approach the coach. In this case, we HIGHLY encourage the parents, in a spirit of collaboration with the coach, to produce the best environment for the athlete, to bring the issue to the coach's attention, or to the Club Director's attention. Please do not let problems fester – it only makes things worse for everyone in trying to resolve issues.

If you, as a parent, have legitimate concerns about a coach other than your athlete's coach, or with an athlete other than your own, you need to address the Head Coach or the Team Manager.

Procedure Steps:

Specifically, if you as a parent, or your athlete as a participant on a AAU team, have concerns about OHTC policies or actions, the procedures to follow are, in this order:

1. The athlete should talk to the coach about the matter.

- a. It is understood at the younger ages sometimes the parent will be the first contact with the coach.
- b. If the matter remains unresolved, or if the athlete has reasonable concern that talking to the coach will not resolve the matter, then;

2. The parent should talk to the coach.

- a. Parents and/or athletes should call the coach on the phone or email the coach to schedule a meeting.
- b. Meetings need to be at times and locations other than Meets.
If a parent approaches a coach during a Meet, we have instructed our coaches to refuse to discuss any controversial matter, to refer the parent to the Club Director, and to walk away from the parent.
- c. We ask that any meetings be at least 24 hours after the reason for that meeting.
- d. The recommended time for a parent or athlete to talk to a coach about a problem is a previously arranged time either before or immediately after a scheduled practice.
- e. In certain situations, we may ask the athlete to attend the meeting also.
- f. If the matter still remains unresolved, or if the parent has reasonable concern that talking to the coach will not resolve the matter, then;

3. The parent should talk to the Athletic Director and request a meeting with the coach, Team Manager and the Parent Representative.

4. If the parent or the athlete is not satisfied by the action taken by the Club Director, they may request, in writing, that the OHTC Executive Board review the matter.

- a. The Board may, at its sole discretion, review or refuse to review the matter.

- b. The Board will not review coaching decisions, training regimes or skill development.

We encourage parents to approach us earlier rather than later about concerns they have. There is little we can do to rectify a situation that is not brought to our attention until the end of the season. It is much better to have open lines of communication about problems as soon as they arise.

Other Grievance Policies:

OHTC will not tolerate any hostile, aggressive confrontation between a parent and any official, any other parent, any athlete or any coach, regardless of whether the coach, athlete or other parent is a member of OHTC or not. Violation of this policy may result in the athlete being dismissed from OHTC.

It is inappropriate and undesirable for an athlete or a parent to approach other OHTC parents and athletes to complain about a problem the athlete or parent has with a OHTC coach, about objections to coaching decisions, or about disagreement with an administrative decision. This is one of the biggest factors in disrupting the chemistry of a team.

Asking uninvolved persons to take sides on an issue is unfair to the third parties, to the team and to the club. Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. For the psychological health of the athletes and the club as a whole, grievances need to be handled between the parties involved and the decision-makers in the situation, meaning, talk to the coach or talk to the administration.

We strongly encourage any member who is approached and asked to listen to or express an opinion about matters between two other parties in the Club to suggest to the complaining party that he or she needs take the matter up with the coach in question, or the Club Director, and refuse to listen further.

It is detrimental to all persons involved to repeat complaints you hear (or overhear) to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the facts of the situation.

Sexual or Physical Abuse Policy

OHTC recognizes that all forms of sexual abuse, assault or harassment with athletes are illegal and unethical, even when an athlete invites or consents to such behavior or involvement. Sexual abuse and harassment is defined as, but not limited to, repeated comments, gestures or physical

contacts of a sexual nature. This includes demanding sexual favors in exchange for promotions, unwelcome touching of any kind, unwanted letters, telephone calls, texts or email of a personal nature, unwarranted inquiries about personal life or sexual habits, repeated jokes with sexual content, and sexual comments about a person's appearance or body.

In addition, OHTC will not tolerate hazing. Hazing is defined as any intentional act that endangers the mental or physical health of one person or a group of people, by another person or group of people, for the purpose of group acceptance or membership. Hazing behavior would include but is not limited to: brutality such as beating or striking, excess calisthenics, excessive consumption of food or drink, or intimidating/threatening activities that cause extreme mental stress.

OHTC will not tolerate sexual or physical abuse of any of its staff or of participants. OHTC regards the safety of the young athletes entrusted to our care and instruction as our highest priority. We do not tolerate physical behavior that compromises that priority. We monitor activities and interactions to try to prevent miscommunications that cause discomfort to any of our athletes or parents.

Reporting Complaints

If you see or experience behaviors by a OHTC coach, board member or chaperone that you believe to be inappropriate, report it immediately to either the Head Coach or Club Director. All facts will be written down and a file will be started. All complaints will be investigated. Any employee or volunteer found to be in violation of the sexual and physical abuse policy will be subject to discipline, which may include dismissal. There will be no retaliation against any complainants or witnesses who participate in an investigation of an abuse charge.

OHTC Athlete Code of Conduct

My primary goal is to become the best player that I can be. I am responsible for my own actions and behavior. I am fully committed to OHTC and agree that:

Attitude:

- I will conduct myself in a manner that is respectful to me, my team and to OHTC
- I will commit to my team by getting adequate sleep, eating a healthy diet, and abstaining from alcohol, illegal drugs or tobacco during the course of the club season.
- I will play with full effort and intensity.

Communication:

- I will avoid criticism of my teammates, as I believe no one is trying to make a mistake.
- I will avoid giving unsolicited coaching tips to teammates and defer responsibility to my coaches.
- I will refrain from posting or communicating negative comments about other athletes, coaches, parents or the club via texting, email or social media.

Coachability

- I will accept decisions by my coaches knowing that everyone cannot start. I will accept my role on the team and do what it takes for the team to succeed.

Practice:

- I will manage my time to meet my commitments to my team, my family, my classes and my other commitments.
- I will proactively contact my coach as far as ahead of time if I am unable to make it to practice or a tournament.
- I will commit to being ready to step on the floor at the scheduled practice start time. That means I will have to get to practice at least 15 minutes ahead of time so that I can change and get ready.

Athlete Agreement & Consent

I, _____, have read, understand, and agree to the policies, procedures, and code of conduct requirements as set forth in the OHTC Parent/Athlete Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein.

Athlete's Name (printed) _____

Athlete' Signature _____ Date _____

OHTC Parent Code of Conduct

Parents are crucial to the success of OHTC and their daughter's club volleyball experience. OHTC requires that the parent(s) of any player in our club sign this code of conduct contract. I therefore agree that:

Safe Play:

- I will inform the coach of any physical disability or ailment that may affect the safety of my daughter or the safety of others.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all tournaments and practices.

Sportsmanship:

- I will respect the officials and their authority during Meets.. I will not yell or scream at officials, coaches or staff, and leave it up to my child's coach to resolve issues with the officials or or staff during Meets.
- I will teach my child to play by the rules and to resolve conflicts without resorting to sulking, being passive aggressive, showing hostility or resorting to violence.
- I will teach my child that doing one's best is more important than winning.

Coaching:

- I will refrain from coaching my child or other players during games and practices unless I am the official coach. I will avoid yelling instructions to the Athletes during the Meets.
- I understand that Meets will be afforded to all players, but not necessarily in equal proportions. Events are the sole decision of the coach and may be influenced by attendance, tardiness, discipline, and ultimately by ability in performing well in pressure situations.

Communication:

- I understand that my child should approach the coach if she has problems or concerns first and I will encourage her to do so.
- I understand that there are times when I feel I need to speak immediately to the coach. I will wait 24 hours after the triggering event so as to make that conversation as productive as possible.
- I hereby authorize OHTC to post her name, picture, present school, year of graduation, height, Bib number and position on the OHTC website or with any recruiting materials.

Parent/Guardian Agreement & Consent

I, _____, have read, understand, and agree to the policies, procedures, and code of conduct requirements as set forth in the OHTC Parent/Athlete Handbook. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein. In addition, I certify that as a parent/guardian of this athlete/player, have explained to my daughter the aforementioned stipulated conditions and their ramifications, and I consent to my child's participation in this program under the AAU Track & Field association in which my child is a member. I agree to pay the team fees set forth by OHTC, allowing my child to participate in the program.

Parent Name (printed) _____

Parent Signature _____ Date _____