



Delta Hawks Racing Team Policies

MISSION: to develop the next generation of confident and competitive elite distance runners in the Sacramento region.

In order to accomplish our mission in a sustainable and safe community environment, the coaching staff are implementing the following team policies:

- **Athletes will come to every practice ready to work hard and with positive mental attitudes.**
- **Athletes are here to race; we expect every athlete to participate in meets (whenever possible).**
- We expect every athlete to regularly check the Team App, the Coaches' Blog, and be on Strava.
- Every athlete must be at least 7 years old on January 1st of that season's calendar year.
- Before an athlete participates in any practice, a parent or guardian must sign the waiver provided on the team website.
- The team will be comprised of no more than 50 athletes per season to ensure that the coaching staff can adequately coach and respond to the needs of athletes.
- At the beginning of each season, all athletes will be given a two-week trial. At the end of the trial period, if they wish to continue, athletes either will be invited to join the team or asked to try again in a future season. Reasons athletes may not be invited to join include:
 - An athlete may not be ready for a coaching and/or team environment.
 - Coaching staff may be concerned for the safety of the athlete.
 - Coaching staff may determine an athlete's attitude does not fit the team's environment.
- Athletic ability, by itself, will not be a factor in the coaches' decision with any athlete.
- After the two-week trial, athletes who are invited to join the team will then be required to pay their dues, purchase a uniform, and register with USATF before continuing to practice.
- Dues will be assessed for each season and may vary from season to season. Dues are non-refundable and generally cover:
 - Team USATF membership as well as entry fees for USATF-Sanctioned meets.
 - Training expenses incurred by the club throughout the season.
 - Team events such as end-of-season parties.
 - Additional team supplies such as team gear for athletes and coaches on occasion.
- Dues do not cover athletes' uniforms, shoes, travel expenses, or individual USATF membership.
- NOTE: coaches never want finances to keep an athlete from participating. In the event that an athlete requires financial support in order to participate, please speak with one of the coaching staff privately.
- Athletes may be removed from the team if the coaches deem it necessary for the safety of that athlete, other teammates, or the environment of the team.
 - If an athlete is removed by the coach for this reason within the first 4 weeks of the season, parents will receive a full refund. If an athlete is removed after the first 4 weeks of the season, parents will receive a 50% refund. If an athlete is removed after 10 weeks of the season, there will be no refunds given.

Developing the next generation of confident and competitive elite distance runners in the Sacramento region.