



Rocket Man Pole Vault Club

Rules, Responsibilities and Expectations

Code of Conduct Contract

Mission Statement: to provide a foundation for strong character and future accomplishment in every aspect of our lives; to create an accepting, supportive, and positive environment that engenders growth in each individual; to promote success and achievement for every athlete while providing them with the opportunity, skills, knowledge, and understanding necessary to become successful athletes and productive citizens.

Goals: Each Rocket Man Pole Vaulter will

- Diligently strive to better their physical strength and pole vaulting technique through preparedness, prescribed workouts, stressing excellence, dedication, sacrifice and hard work as the basis for success, both in the sport and in life.
- Make every effort to contribute to a positive environment of pervasive caring for others and themselves.

Conduct: All athletes will commit to creating and the adhering to the habits of

- Punctuality
- Preparedness
- Growth mindset: positive changes happen through application and experience; develop a passion for stretching yourself
- Maintaining a coachable spirit: seeking to grow through curiosity of learning, examine criticisms to see what you can learn from them
- Effort: embrace the values of hard work and commitment to the pursuit of excellence
- Seeking to learn from mistakes, setbacks, disappointments; and bouncing back quickly
- Verbal and nonverbal recognition, gratitude, appreciation and encouragement of the efforts of others
- Honoring the sport through respect of
 - Coaches: always make eye contact, respond with a positive attitude and actively listen to the coach's feedback. Seek to communicate respectfully. Use "Coach" before the coach's last name. Disrespect (walking away before a coach has finished speaking, eye-rolling, back-talk, arguing, whether in person or in writing) will not be tolerated and **may result in immediate dismissal from Rocket Man Pole Vault, LLC; no funds in your account will be returned.**
 - Parents
 - Rules
 - Facilities and equipment: safe, appropriate, respectful (*see below)
 - Opponents: they are a gift; they will help you to stretch and grow
 - Officials: always respect them, even/especially when you disagree; thank them individually at the end of the event
 - Teammates: recognize, give credit, help
 - Self: avoid blame, give credit, accept responsibility, be humble

- Avoiding drugs, alcohol and tobacco which have no purpose in your lives. **If you are caught using drugs, alcohol or tobacco you will be immediately dismissed from Rocket Man Pole Vault, LLC; no funds in your account will be returned. This rule applies to any day of the week at any time and caught by anyone, including social media posts.**

PROCEDURES & RULES

Rocket Man Pole Vault, LLC adheres to rules, regulations, procedures and requirements set forth by, but not limited to: Iredell County, The City of Mooresville, USATF, AAU, NCHSAA, NFHS.

Attendance: practices are not mandatory; however, if you've reserved your place using the calendar and will not be able to come or will be late, please inform us in advance.

***RMPV Facility:** athletes are expected to respect the facility and grounds donated to RMPV on commercial property in the business park. Weekday practices begin during regular business hours; respect tenants, neighboring businesses and residents by behaving appropriately during warm-ups and jump sessions.

All athletes are expected to contribute to uncovering and covering the pit, returning all equipment to its designated place, requesting to be excused at the end of the session, and to leave no personal belongings or trash behind when leaving.

Athletes are not permitted to enter the building, warehouse or practice facility during non-practice hours, and must leave the property after any practice or event, and/or when coaches are not present.

Destruction or misuse of this property may result in immediate dismissal from Rocket Man Pole Vault, LLC; no funds in your account will be returned.

Eligibility:

- **Membership** in USATF and AAU (under 18) are *required* of all member and non-member youth athletes in order for insurance coverage to be valid.
- **Paperwork:** Waiver, Membership Information Form, Medical Questionnaire & Physician-signed Medical clearance forms must be fully completed, submitted and valid for the current time period before any practice can take place. (The waiver is the only form required for the very first evaluation practice)
- **Fees** all payments must be made *prior* to practices; read emails concerning procedures for paying or reimbursing meet fees, depending on the method of registration. Account Status is found on the posted Google Sheet (link on the homepage of the website)
- **Illness & Injury:**
 - **Concussion:** no athlete will be permitted to practice or compete with a concussion until cleared to return by a physician.
 - **Disclosure:** inform coaches of illness and injury, including concussion, prior to participating in a practice or a meet. Do not put others or yourself at risk if you have, or think you may have a contagious illness. **Failure to disclose injury, contagious or otherwise dangerous illness and risking injuring in order to continue to practice and/or compete is a legal liability and may result in immediate dismissal from Rocket Man Pole Vault, LLC; no funds in your account will be returned.**

- In the event of **health changes** such as a new medical condition, illness, injury, or prescription medications changes, **it is the sole responsibility of the athlete to resubmit the physician-signed Medical Clearance Form before further participation in Rocket Man Pole Vault, LLC activities will be granted.**

Communication:

- GroupMe is a free App, and the method we use for notifications, cancellations, etc. Join our group, "RMPV Notifications"
- Parents are encouraged to allow their athlete to communicate directly with the coaches before or after practices through direct conversation, email and/or text:
 - Eric Richard, eric.richard@ammega.com; 704 517 0830
 - Donna Carpentier, mevoila@roadrunner.com; 704 883 2933
 - Curt Evans, curtandwen@yahoo.com, 704 818 6061
 - Ryan Pereira, ryanmpereira@gmail.com, 831 915-4250

Athlete: I have read all of these rules and will obey them as a Rocket Man Pole Vault athlete. I understand that my behavior on and off the runway directly reflects my own reputation, and the reputation of club. I understand that failure to comply with these policies may result in my dismissal from the club.

Athlete Signature _____

Athlete Name Printed _____

Date _____

Parent: I have read and understand the rules of Rocket Man Pole Vault, LLC., as outlined above. I realize that my son or daughter may be asked to leave the club if he or she does not comply.

Parent Signature _____

Parent Printed Name _____

Date _____