



DEFINITIONS

Things to know:

- **Warning** – A warning shall be given to any Athlete who is not conforming to the Rules of Conduct set by the Head Coach, in the Club by-laws or for not following the instruction of a Coach during a practice, meet or any Club sponsored activity. A Second warning given to an Athlete for the same offense or a different offense the same day will result in disciplinary action. Any warning issued to an Athlete must be clearly discussed with the Athlete so there is no misunderstanding of the Coach's intent.
- **Benching** – An Athlete can be benched for any reason if deemed necessary by a Head or Lead Coach. No warning is necessary. Benching is the result of a serious offense. If an Athlete is benched, the benching shall last the rest of the practice day and can be carried over to the next 2 practice sessions, depending upon the seriousness of the infraction. Any Athlete who is benched must still come to practice each day. The Athlete may not be allowed to participate in the upcoming meet. Following a benching, the Athlete must verbally commit what he/she intends to do to correct the conduct to the Head Coach.
- **Temporary Dismissal** – Temporary Dismissal shall occur if an Athlete is benched twice in one month. This form of discipline is for very serious offenses or allegations and may be required to protect the accused or accuser or to allow for legal matters to be resolved or until a satisfactory investigation can be completed. All temporary dismissals shall be handled by the Head Coach and/or Lead Coach at the Head Coach's direction.
- **Permanent Dismissal** – A Permanent Dismissal is effective for the rest of the season and possibly forever. A permanent dismissal shall be issued by the Head Coach and the proper forms submitted to the Board for approval. If no other alternative methods of discipline is offered and approval is granted, the parent/guardian will be informed via Certified Mail. The parent/guardian will have 2 weeks from delivery to contest the decision with the Grievance Committee.
- **Released** – Athletes released by the Texas Storm Track Club for NON-DISCIPLINARY reasons are still considered members of the team and may be allowed to travel with the team with the Head Coach's approval. Some examples of this are personal or medical problems, poor grades or family problems.

Reinstatement – Conditions for reinstatement shall be as follows:

- A written letter by the Athlete to the Head Coach and Lead Coach showing reason why the Athlete should be allowed back in the Club
- An apology to the Club