

Eclipse Track & Field Club Inc.
Athlete & Parent Policies & Vision Statement

Vision Statement:

Eclipse Track & Club Inc. is dedicated to fostering an inclusive and safe environment for all athletes. Our diverse coaching staff, representing a wide range of ethnic backgrounds, gender identities, and levels of experience within Canada, ensures that every athlete feels valued and supported. This commitment to inclusivity empowers athletes to engage confidently with their coaches, facilitating their journey towards achieving personal goals and overall success.

Attitude at Practice and Meets:

The attitude of athletes during practices significantly impacts their development, team dynamics and overall performance. Here are characteristics that athletes should demonstrate at all Eclipse practices and meets:

1. Commitment and Dedication to improve their skills
2. Personal Accountability – Talent alone will not contribute to your overall success, it's up to the athletes to put forward effort at every practice and to be accountable for their effort.
3. Positive Mindset – maintain a positive outlook even during challenging drills or receiving constructive feedback to enhance resilience and motivation
4. Teammate Support – praising other's efforts and providing help during drills and creating an inclusive atmosphere contributing to making friendships and team building
5. Open-Mindedness – being open to learning (i.e. trying new techniques and adapting to different approaches) is essential
6. Work Ethic – putting in consistent effort and focus to improve and take practices seriously
7. Goal Oriented – Setting personal goals and working towards them (age appropriate)
8. Respect and Sportsmanship – Showing respect for coaches, officials and teammates as well as fellow competitors.
9. Enjoyment and Fun – while commitment is important enjoying the process is also very important to developing skills and making practices more enjoyable.

Protocols for Practices:

1. **TEAMSNAp** – If you don't have the App, we strongly encourage you to download it and use it. **ALL INFORMATION ABOUT PRACTICES IS THERE. IF YOU DO NOT HAVE IT, YOU WILL BE MISSING OUT ON IMPORTANT INFORAMTION ABOUT PRACTICES AND MEETS.** Always check TEAMSNAp first for practices, times and locations. All communication that is important is found on this App. NOTE: **SHOULD PRACTICES BE CANCELLED FOR ANY REASON (TYPICALLY WEATHER OR FACILITY RELATED) YOU WILL BE NOTIFIED ON TEAMSNAp.** There is a Team Chat available on TeamSnap where we can answer general questions and sometimes, we add information there as well. Please refrain from contacting the coaches without checking TeamSnap first. Check your junk mail as well.
2. **ARRIVE ON TIME.** On Time means 5 minutes early, ready to go with your running shoes on.
3. **NO CELL PHONES and EARBUDS/HEADPHONES.** All electronic devices are to be kept in the athlete's bag out of view at every practice. Cell phone use during practice will result in a verbal warning and if the behaviour continues, the cell phone will be confiscated during the duration of the practice and coaches will speak to the athlete's parent(s).
4. **RESPECT AND ATTENTIVENESS** – Coaches are there to coach, encourage and challenge each athlete to be their best. In return we expect respect and cooperation from each athlete. Athletes who are disruptive, unmotivated, disrespectful and do not want to be at practice will be asked to sit out until they change their attitude otherwise, we will contact the athlete's parents.
5. **BRAND REPRESENTATION** – All Eclipse athletes represent the Club, Athletics Ontario and Athletics Canada and should take this representation very seriously. We encourage members to put forward a good representation of themselves in keeping with values and vision statement of Eclipse. This also means keeping social media posts respectful especially when at practices or any event that the athlete attends with Eclipse Track & Field Club.
6. **HANDS OFF POLICY & CODE OF CONDUCT** – promoting a respectful environment. Athletes are encouraged to keep their hands to themselves, physical contact between athletes should not take place. Aggressive behaviour will not be tolerated. Athletes are expected to behave in a mature, responsible and respectable manner towards one another. Consequences will be applied if athlete behaviour does not meet this standard.
7. **RESPECTFUL COMMUNICATION ALWAYS** – whether verbal or written, all communication should be done in a respectful way. Should there be any issues, these should be communicated to coaches, head coach via a conversation, a text, or email but not on a group chat – TEAMSNAp.
8. Young children who are too young/immature to follow coaching direction may be asked to sit out a session until they are a bit older to join. Coaches will contact parents should this be the situation. Credits will be provided for the next session.
9. **ONLY COACHES COACH – NO PARENTS COACHING FROM THE SIDE.**
10. For Outdoor Venues, we suggest that parents drop off their athlete(s) and let the coaches do the coaching. Too often, kids will run to their parents in between drills,

and this is extremely distracting to the flow of practice. It is best to stay in your vehicle or walk around the track or run some errands for the duration of the practice. If there are any issues we will contact you.

11. For Indoor Venue – No Parents are allowed inside the venue to watch their children. This is the Oshawa Civic's Policy, and we must adhere to it, no exceptions at all.

Track & Field Disciplines:

For Grade 9 and above we encourage you to let your athlete choose what disciplines they want to explore, keeping in mind that we like for athletes to try as many disciplines as possible to provide them with opportunities,

However, for younger grades we strongly encourage for them to try all disciplines available to them. Specializing way too young leads to burnout, overuse injuries and limited skills development.

Track & Field Meets:

Not all athletes want to compete, and we respect that. For those who do, please pay special attention to the meets listed on TeamSnap and emails that you will receive in regard to upcoming meets. Some meets are required to be selected for Teams and some meets will be required for certain athletes who require certain times/distances for bigger larger meets. Meet fees, Association Fees and travel fees are the responsibility of the Athlete/Parent. Typically, the Club will pay for relays depending on if we have enough people in the appropriate age groups/gender. Athletes must have an Eclipse Jacket and Singlet to compete – no exceptions.

Other Important Information:

We strive to help each athlete be at their best and it is our hope that all athletes will be successful and improve. However, it's important to understand that not all athletes will be number one and always win. Failure and the process of trying are crucial components of personal and athletic development. Failure offers valuable lessons that success does not. By identifying areas for improvement and analyzing what went wrong, athletes can grow and gain a better understanding. Encountering and overcoming failure also helps athletes develop resilience where challenges can be seen as opportunities. It's also important to note that failure also builds confidence, persistence and character development.

Failure is hard to watch from a parent's perspective and can be difficult. However, the best thing that parents can do is keep encouraging your athlete, be compassionate and empathetic and keep pushing them to keep on trying.

It is easy when athletes' fail or does not make a team to blame everyone and everything else, like the coaching staff, the weather, the officials, the lack of preparedness etc...I encourage all to remove the blame from the equation and take the failure for what it is...an unsuccessful attempt. And what we do with that unsuccessful attempt will have a greater impact then the failure itself. We keep on trying, we go back to the drawing board, we try again and sometimes, it just wasn't meant to be which means we try something else. That is life in a nutshell.

Last Words:

Keep in mind that some of our coaches have regular jobs aside from coaching but they are dedicated to coaching your kids and creating the best possible experience for them. We want your kids to have fun, and we want them to improve and succeed. We may be hard on them at times to push them to get thru it. There are times when practices will be hard, and some will be easier than others. There are times when things will go well and times when they just don't. However, we do strive to always make practices worthwhile and meaningful.

We also try to provide as much information to you the parents, so you are well informed on all aspects. However, I strongly urge you to read everything that is sent from beginning to end because it typically has all the information you need. In the past there has been times when I have sent out emails only to find out, they never got read and the information never passed on. I try to keep things at a minimum but there are times when there will be a lot of information. I cannot stress enough the importance of reading my emails and responding and/or acting. This may make the difference between creating an opportunity for someone such as making a team or not. This year, I will not be sending out additional communication to those who do not read. This will be a choice that you make. If after you read the information and are confused, please contact me, talk to me, but if you do not read the information that is sent out and ask me about it, I will respectfully point you back to the email.

Thank you for taking the time to read this lengthy but necessary email.

More important information to come!

Coach Cathy & Eclipse Coaching Staff