

The background of the text is a faded, light-colored photograph of a runner in a starting crouch on a track. The runner's legs and feet in starting blocks are visible. The track surface is reddish-brown with white lane markings.

RICHMOND GUARDIANS
TRACK & FIELD
HANDBOOK

GUARDIANS TRACK & FIELD



This handbook is intended to serve as the Guardians Track & Field program guideline and key principles outline. The Richmond Guardians reserves the right to clarify, interpret, and even alter the statements in this handbook as the athletic season progresses.

The Richmond Guardians Program, competing under the name of Richmond Guardians, is a Christian-based program.

Guiding Scripture

The guiding principle for the Richmond Guardians Program comes directly from Proverbs 4:23: "Above all else, guard your heart..."

Vision Statement

The vision of the Richmond Guardians is to prepare student-athletes spiritually, physically, and mentally, both on and off the track.

Mission Statement

The mission of the Richmond Guardians is to develop young people of high character who wish to compete athletically to the best of their abilities.

The Four C's

The Richmond Guardians operate under four pillars. We are a CHRISTIAN organization, centered on providing a COMPETITIVE experience, where athletes grow in both skill and CHARACTER. In addition, the organization is a COMMUNITY in which all involved are considered valuable members and contributors.



Competition

Athlete Agreement

The participants of Richmond Guardians are athletes who desire to learn and compete in a sport, but who desire to do so in a supportive, loving, and fun atmosphere. Guardians athletes will commit to working hard, improving their individual skills, and supporting and respecting their teammates and coaches.

Coach

The Guardians Track and Field Coach will help determine what events the athletes will participate in. The Coach has the final say.

Sports Physicals

Every season each athlete will be required to get a sports physical.

The expense of the physical will be paid by the families of the athletes. If the athlete gets a sports physical for another sport they can use this as a valid physical for the Richmond Guardians organization as long as it took place during that year.

Off Season Workouts

The Richmond Guardians also offer off-season workouts to those athletes who choose to participate. The workouts will run throughout the winter to offer the option for athletes to improve themselves physically in preparation for the next season. Workouts will often occur weekly and will be run by the Guardians' coaches. The off-season workouts are always considered optional and are not a requirement to participate on the teams.



Standard of Conduct

Richmond Guardians athletes must always consider and pursue 'guarding the heart' for themselves, their teammates, their coaches, and all members of the Guardians family. Regardless of league or conference membership, all Guardians athletes are expected to hold Proverbs 4:23 as a backdrop. Richmond Guardians participants are expected to protect the organization, now and into the future, by "guarding" their own actions and words, on and off the court.

The following standards must be observed for one to continue as an active member of the Richmond Guardians.

Guardians athletes are expected to pursue a way of life that shows support, displays grace, and expresses love. These behaviors will be expected when interacting with Guardians teammates or others involved in the Guardians program, as well as fellow Christian and public school athletes.

No form of bullying, cocky, vulgar, demeaning, belittling, or similar conduct will ever be tolerated toward teammates, opponents, officials, coaches, or other families on or off the court. This includes displaying these behaviors using ANY FORM of social media such as Snapchat, Facebook, Twitter, TikTok, Instagram, etc. In addition, all male athletes will be expected to show respect to Guardians female athletes as well as all female athletes in the league. Similarly, all Guardians female athletes will show respect to Guardians male athletes, as well as all male athletes in the league. Any form of threatening by an athlete will NOT be tolerated. The coaches and AD reserve the right to discipline and/or dismiss from the program any athlete who fails to comply with these standards.



Standard of Conduct cont.

If athletes are involved in a dispute, they must immediately work out problems amongst themselves. If they are unable to resolve their problem immediately, they must meet with the coaches until their problems are resolved. Problems between players must never be left unresolved.

Drugs, alcohol, vaping, and smoking are prohibited.

No inappropriate public displays of affection will be permitted at Guardian's events (quick hugs and hand-holding are acceptable.)

While the Guardians do not monitor or require any specific proof of successful academic performance, the organization fully supports our athletes' academic success as primary. Therefore, the AD and all coaches expect that athletes will prioritize their education. While at the same time, the hope is that students will manage their time wisely in order to be present and dependable as team members.

Handling Disputes

All disputes should be handled first by the individual parties involved in the dispute. If significant effort has been made to handle the dispute between individual parties and a resolution cannot be reached, the dispute should be brought forth to the Athletic Director or Board of Directors for resolution. Once brought forth to the Athletic Director or Board of Directors it is at their discretion how the dispute is handled for the betterment of the Guardians Organization.



Finances

Richmond Guardians' participation fees are currently made up of the following components:

- Registration
- Insurance
- Uniform

All Athletes will pay **\$75** to cover the costs of the components mentioned above.

Athletes will receive a jersey, but will need to provide their own **BLACK** shorts.

Competition Fees: Per Competitions Entered ranging from \$0-\$20 per event.

Method of Payment:

Check made out to Richmond Guardians
PayPal: RichmondGuardians@gmail.com



Contact

The Richmond Guardians make use of various forms of communication. Email is often used. A Guardians board member will notify parents and team members of the communication methods to be used each season.

Guardians Email:
Guardianstrackandfield@gmail.com



Standard of Conduct: Parents

The parents of Richmond Guardians athletes must always consider and pursue 'guarding the heart' for themselves and other members of the Richmond Guardians family. Having Proverbs 4:23 as a backdrop, parents of Guardians participants are expected to protect the organization, now and into the future, by "guarding" their own actions and words in various public settings.

The following parental standards must be observed for your child to continue as an active member of the Guardians.

1. Guardians' parents are expected to pursue a way of life that shows support, displays grace, and expresses love. These behaviors will be expected when interacting with Guardian families or others involved in the Guardian program.
2. No form of bullying, cocky, vulgar, demeaning, belittling or similar conduct will ever be tolerated toward teammates, opponents, officials, coaches, or other families on or off the court. This includes displaying these behaviors using social media such as Snapchat, Facebook, Twitter, or Instagram.
3. If parents are involved in a dispute, they must immediately work out problems amongst themselves. If they are unable to resolve their problem immediately, they must meet with the Athletic Director or Board of Directors until their problems are resolved. Problems between parents must never be left unresolved and should not draw other uninvolved families into the conflict.
4. Avoid whispering amongst each other. If there is a problem or situation that needs to be handled please work it out yourself or allow the Guardians organization to deal with it in the open.
5. Resist coaching the players on the track. Allow the players to follow their coach's instruction without interference from the stands.



**Standard of
Conduct: Parents**

6. Understand that you may not agree with or like every coaching tactic, comment, suggestion, or decision, but this does not warrant rudeness. Use common sense, give the coach the benefit of the doubt, and approach the situation and coach with support, grace, and love.
7. Support the team in as many ways as you can or feel led to do.
We are a small organization with a lot of work to do. We need every family to participate. While all families are not able to provide the same amount of assistance, some degree of assistance will be expected from all involved families.
8. Communicate as much as possible with your coach and the organization. Healthy communication can avoid a lot of misunderstandings.
9. Parents are encouraged to have fun while cheering, working, or participating in the Guardians organization.

Parents Name (print): _____

Parents Signature: _____

Date: _____



Standard of Conduct: Coaches

Richmond Guardians coaches must always consider and pursue 'guarding the heart' for themselves and other members of the Richmond Guardians family. Additionally, with The Richmond Guardians being an active member of the ORHC organization, all coaches are expected to adhere to guidelines, conduct, dress code, etc. Having these standards and Proverbs 4:23 as a backdrop, coaches of the Guardians participants are expected to protect the organization, now and into the future, by "guarding" their own actions and words in various public settings.

The following standards must be observed for one to continue coaching for the Richmond Guardians.

1. Guardians coaches, by nature of their position of influence and authority, will be held to the highest standards of conduct. Guardians coaches are expected to exemplify the characteristics upheld by the organization and to be role models of the values being taught to the athletes.
2. Guardian coaches are expected to pursue a way of life that shows support, displays grace, and expresses love. These behaviors will be expected when interacting with Guardian families or others involved in the Guardians program.
3. No form of bullying, cocky, vulgar, demeaning, belittling, or similar conduct will ever be tolerated toward teammates, opponents, officials, coaches, or other families on or off the track. This includes displaying these behaviors using social media such as Snapchat, Facebook, Twitter, or Instagram.
4. If coaches are involved in a dispute, they must immediately work out problems amongst themselves. If they cannot resolve their problem immediately, they must meet with the Athletic Director or Board of Directors until their problems are resolved. Issues between coaching staff, or coaches and parents, must never be left unresolved.



**Standard of
Conduct: Coaches**

5. Coaches must communicate often and effectively with the athletes, families, Athletic Director, and Board of Directors. Healthy communication can avoid many misunderstandings. Coaches should be open and approachable-willing to have discussions with players and families that will lead to healthy relationships and outcomes for the team.

6. Coaches must understand the specific culture in which they are coaching. This means they know the population they are serving- a group of closely knit homeschooled Christian athletes from central Kentucky. While the organization strives to better our athletes on the court, compete at a high level, and win games, we will not do so at the expense of our core values of support, grace, and love.

7. Coaches are encouraged to have fun when they are coaching at both practice and games.

Coach Name (print): _____

Coach Signature: _____

Date: _____



Standard of Conduct: Athletes

Richmond Guardians players must always consider and pursue 'guarding the heart' for themselves, their teammates, their coaches, and all members of the Guardians family.

Having Proverbs 4:23 as a backdrop, Guardians athletes are expected to protect the organization, now and into the future, by "guarding" their own actions and words, on and off the track.

The following standards must be observed for one to continue as an active member of the Guardians.

1. Guardians athletes are expected to pursue a way of life that shows support, displays grace, and expresses love. These behaviors will be expected when interacting with Guardians teammates or others involved in the Guardians program, as well as fellow Christian athletes in our league.
2. No form of bullying, cocky, vulgar, demeaning, belittling, or similar conduct will ever be tolerated toward teammates, opponents, referees, coaches, or other families on or off the track. This includes displaying these behaviors using social media such as Snapchat, Facebook, Twitter, or Instagram. In addition, all male athletes will be expected to show respect to Guardians female athletes, as well as all female athletes in the league. The coaches and AD reserve the right to discipline athletes who fail to comply with these standards.
3. If players are involved in a dispute, they must immediately work out problems amongst themselves. If they are unable to resolve their problem immediately, they must meet with the coaches until their problems are resolved. Problems between players must never be left unresolved.
4. Drugs, alcohol, and smoking are prohibited always.



**Standard of
Conduct: Players**

5. No inappropriate public displays of affection will be allowed at Guardian's events. (quick hugs and hand-holding are acceptable.)
6. Successful academic performance is required. This means maintaining at least "C" average during the prior semester.
7. Athletes must show up for team commitments unless communicated to the coach.
8. Athletes must be on time for team commitments unless communicated to the coach.
9. Athletes must immediately report all physical injuries or illnesses to their head coach. The preference is for injuries or illnesses to be handled between the athlete and coach, but circumstances may warrant parent involvement.
10. Athletes are required to take proper care of all equipment, keeping uniforms clean and neat.
11. While competing, athletes are encouraged to have fun on the track.

Player Name (print): _____

Player Signature: _____

Date: _____