

## **TEAM SPEED**

### **CODE OF CONDUCT**

**Built on Attitude. Fueled by Effort. Defined by Character.**

At **Team Speed**, performance matters — but **who you become** matters more.

We are committed to developing not only stronger, faster athletes, but stronger, better human beings.

Our standard is simple:

**Attitude. Effort. Respect.**

Every athlete who walks through our doors is expected to uphold this Code of Conduct.

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#### **1. ATTITUDE IS EVERYTHING**

At Team Speed, your attitude determines your growth.

Athletes are expected to:

- Arrive ready to work
- Accept coaching with respect
- Be coachable and receptive to feedback
- Encourage teammates and other athletes in the facility
- Stay positive through adversity
- Represent Team Speed with pride at all times

Negative behavior, disrespect, or disruptive attitudes will not be tolerated.

Your mindset determines your ceiling.

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#### **2. EFFORT IS NON-NEGOTIABLE**

Effort requires no talent — only commitment.

Athletes must:

- Give maximum effort every session
- Finish every drill and rep with intent
- Compete with integrity
- Push beyond comfort zones safely
- Hold themselves accountable

We do not measure athletes solely by performance — we measure them by consistency, focus, and work ethic.

At Team Speed, you earn everything.

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### **3. ZERO TOLERANCE FOR BULLYING**

We maintain a safe, supportive environment for all athletes. We protect our culture.

The following behaviors will result in immediate disciplinary action:

- Bullying (physical, verbal, social, or online)
- Teasing meant to embarrass or exclude
- Intimidation
- Harassment
- Any behavior that undermines another athlete

Team Speed is a place where athletes build each other up — not break each other down.

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### **4. NO FOUL LANGUAGE OR INAPPROPRIATE BEHAVIOR**

Team Speed is a professional, youth-focused environment.

Not allowed:

- Profanity or foul language
- Inappropriate jokes, gestures, or comments
- Disrespect toward coaches, teammates, or staff
- Aggressive or unsafe conduct
- Social media behavior that reflects poorly on Team Speed

How you speak and act reflects who you are — and who we are.

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### **5. RESPECT THE PEOPLE**

Every athlete matters.

Athletes must:

- Listen when coaches are instructing
- Support and celebrate teammates

- Help create a welcoming atmosphere
- Treat staff, parents, and visitors respectfully

We move as a team. We succeed as a team.

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## **6. RESPECT THE EQUIPMENT & FACILITY**

This gym is a privilege.

Athletes are responsible for:

- Using equipment correctly
- Returning weights and tools after use
- Keeping the space clean
- Reporting damaged equipment immediately
- Never misusing or intentionally damaging property

Respect for the facility reflects respect for yourself and other athletes.

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## **7. PROTECT THE TEAM SPEED CULTURE**

Energy is contagious — bring the right kind.

We expect:

- Bringing positive energy
- Eliminating distractions
- Staying engaged
- Creating a culture of focus and growth

Team Speed protects its culture fiercely. It is one of our greatest strengths. Every athlete contributes to that reputation.

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## **DISCIPLINARY ACTION**

Failure to uphold this Code of Conduct may result in:

- Verbal warning
- Parent/guardian communication
- Suspension from sessions

- Removal from the program

Team Speed will always correct behavior — but we will not compromise our standards.

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## **THE TEAM SPEED MISSION**

We are committed to:

- Coach with integrity
- Lead by example
- Provide a safe and challenging environment
- Developing faster, stronger, more explosive athletes
- Teaching discipline and accountability
- Building mental toughness
- Creating leaders on and off the field
- Developing great humans — not just great players

At Team Speed, character and performance grow together.

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## **OUR STANDARD**

We prepare athletes for:

- Present success
- Future opportunity
- Lifelong character and leadership

At Team Speed, we are building more than athletes.

We build strong bodies.

We build strong minds.

We build strong leaders.

We build strong character.

**Attitude. Effort. Respect.**