

TEAM TBK – Code of Conduct

Applies to members of the TBK team (athletes, coaches, officials, boosters, and volunteers)

1. I understand that participation in Team training is voluntary and that people not on the team may compete in tournaments as well.
2. As a member of the Team, I agree to train at least two Saturdays a month during the sport season.
3. If I must miss a training session, I will use one of the Make-Up sessions during the same week or discuss another alternative with a Coach in advance of the absence.
4. I will give my best mental and physical effort at every training. I will demonstrate respect to all teammates (regardless of age and rank) and to coaches. I will display a strong will, positive attitude, and willingness to learn and improve. Crying and cursing will not be permitted and may result from dismissal from the practice and/or the team.
5. I will eat, hydrate, sleep, and rest properly as elite athletes should. As a team member or contingent, I will conduct myself in a manner which exemplifies good sportsmanship and correct attitude at all times.
6. I will refrain from profanity, offensive, or negative remarks. About our and other clubs' athletes, coaches, officials, and event organizers.
7. I will clean up my area whether it is in the dojo, car, bus, plane, hotel, practice area, or event venue.
8. I will wear clean and appropriate attire to practices and competition, and wear what coaches designate when the team or I are in public.
9. I will not use recreational drugs or smoke.
10. Regardless of the outcome of my event, I will do my utmost to be positive, and strong for the team.
11. I will be on time for all meetings and events etc. and stay until the end of competition to support other team members. I will obey all curfews, and attend all functions that are required of me.
12. Athletes will not leave premises without an adult chaperon or the permission of a team coach.
13. I will avoid any activities which may result in civil or criminal charges.
14. I will maintain a level of fitness and competitive readiness to the best of my ability for the competition.
15. I will support an environment where we can learn together free of emotional, physical and sexual abuse and misconduct. (Safe Sport)
16. If I am asked to leave a practice or the team for any reason, I will meet with at least 2 coaches to determine if and when I may rejoin practices and the team.

I have read and understand the Team TBK code of conduct and will do my best to uphold its spirit. I accept the fact that if any rule is broken it may result in suspension or removal from the team or withdrawal from the competition without a refund of competition or travel fees.

Signed by Athlete

Signature, Parent or Spouse

SIGN AND KEEP THIS PAGE FOR YOURSELF. Return the next page.



Triangle's **BEST KARATE**

9113 Leesville Road, Suite 104
Raleigh, NC 27613

2026 TEAM REGISTRATION

Role(s) Athlete Coach Official Booster Club Event Day Volunteer

First name

Last name

Email address

Self Parent

Address

City

Country /State./Zip

Primary Phone (____) ____ - ____

Mobile Home Other

Secondary Phone (____) ____ - ____

Mobile Home Other

Birth Date ____ / ____ / ____

Age on June 1, 2026: _____

Gender Male Female

2026 valid AAU #

If you don't have one yet, purchase
membership at www.aausports.org

Membership Type Be sure to enroll for "Added Benefit (AB)" and link to 2026 AAU Club # **U2DUSEA8S**

Parent or Spouse

Name:

Employer

Alternate Contact

Name:

Employer

2026 COMPETITION GOALS

What are your goals for competition team?

- get more intense karate training
- get physically stronger
- get mentally stronger
- cross-training for another sport
- try competition
- win medals
- win a national title/gold
- make the U.S. national team
- travel, see new places
- encourage a family member
- Other _____

Please note any medical conditions

Allergies

Preferred emergency facility/Doctor & Number

Other commitments Jan. – July 2026

PLEASE COMPLETE AND RETURN THIS PAGE TO SENSEI JJ ON Jan. 17