

## 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.

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Signed by Athlete

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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) <input type="checkbox"/> Athlete <input type="checkbox"/> Coach <input type="checkbox"/> Official <input type="checkbox"/> Booster Club <input type="checkbox"/> Event Day Volunteer	
First name	
Last name	
Email address	<input type="checkbox"/> Self <input type="checkbox"/> Parent
Address	
City	
Country /State./Zip	
Primary Phone ( ___ ) ___ - ____	<input type="checkbox"/> Mobile <input type="checkbox"/> Home <input type="checkbox"/> Other
Secondary Phone ( ___ ) ___ - ____	<input type="checkbox"/> Mobile <input type="checkbox"/> Home <input type="checkbox"/> Other
Birth Date __ / __ / ____	Age on June 1, 2026: _____
Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
2026 valid AAU #	If you don't have one yet, purchase membership at <a href="http://www.aausports.org">www.aausports.org</a>
Membership Type Be sure to enroll for "Added Benefit (AB)" and link to 2026 AAU Club # <b>U2DUSEA8S</b>	
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