



Denville PAL Striders

Track & Field and Cross Country

Bylaws of DENVILLE PAL STRIDERS TRACK & FIELD and CROSS COUNTRY

Article I: Name and Purpose

1. **Name**

The name of the organization shall be DENVILLE STRIDERS PAL TRACK & FIELD AND CROSS COUNTRY.

2. **Purpose**

The purpose of the organization is to promote, develop, and govern the TRACK and FIELD team and the CROSS COUNTRY team by organizing leagues, competitions, and events in accordance with the values of fairness, teamwork, and sportsmanship..

3. **Mission Statement** - To help all individuals develop physical endurance, mental toughness and track & field techniques through hard work, sportsmanship, respect and teamwork within a safe, positive and fun environment.

4. **Bylaws Purpose**

The Bylaws of this organization will serve multiple purposes

- a. To provide this organization with structure
- b. To define positions with outlined responsibilities.
- c. To allow for a smooth transition in leadership changes
- d. To allow for members to voice their opinions, suggestions for change and/or to voice any disapproval with leadership
- e. To report any issues with or breaches of Code of Conduct by any members

Article II: Membership

1. **Eligibility**

Membership is open to individuals and parents interested in participating in the TRACK and FIELD team and/or the CROSS COUNTRY team. Participation in both teams are not required

2. **Categories of Membership**

- o **Active Athletes:** Players.
- o **Active Coaches:** Non-playing members who volunteer to the program as coaches
- o **Practice Volunteers:** Non-playing members who volunteer to the program by assisting the coaches during practices and meets..
- o **Team Parents:** Non-playing members who volunteer to the program by assisting with administration tasks.
- o **Honorary Members:** Individuals recognized for their contributions to the sport.

3. **Voting Rights of Members**

- Members who have voting rights are listed below
 - i. Team Parents
 - ii. Active Coaches and Volunteers
 - iii. Honorary Members
 - Participation in meetings and events.
4. **Membership Dues**
 Dues shall be determined annually by the Board of Directors.
- Track and Field
 - Cross Country
5. **Termination of Membership**
 Membership may be terminated for behavior contrary to the goals and values of the organization.

Article III: Board of Directors

1. **DIRECTOR'S NOTES and COMMENTS:** Article III is currently a work in progress. In my opinion, all coaches should be considered Board members due to the time and commitment invested. Also, volunteers who commit a lot of time and significantly contribute should be considered for Board positions and can be the parent representatives. Their roles have already been defined by current volunteers as they step up to help the program in various capacities.
2. **Composition**
 - The Board shall consist of a minimum of five (5) members: Director, Head Coach, and three (3) Board Members.
 - The number of Board members can change if a Member is interested in joining the board and is elected.
3. **Duties of the Board**
 - **Director:** Presides over meetings, represents the organization, and oversees operations.
 - **Head Coach:** Assists the Director and acts in their absence. Assigns age group coaches and develops the training programs.
 - **Age Group Head Coaches:** Assigned by the Head Coach or Director
 - **Secretary:** Maintains records of meetings, membership lists, and official correspondence.
 - **Treasurer:** Manages finances, prepares financial reports, and oversees budgets.
 - **Board Member:** can act as a coach or volunteer for the program.
4. **Elections and Terms**
 - Board members shall be elected by the membership every two [2] years.
 - Terms of office shall be two [2] years.
 - The term year will start on July 1st and end June 30th of the following year. This will coincide with the district's School Year.
 - [PROPOSED NEW - NOT YET ADOPTED] To qualify as Board members, participation in both the Track and Field season and the Cross Country Season is required.
5. **Vacancies**
 In the event of a vacancy, the Board will appoint a replacement to serve until the next election if the number of Board members drops below the minimum of five (5).

6. **Current Board Members**

The information of the current year board members will be listed in [Appendix A](#) and be updated every year.

Article IV: Meetings

1. **General Meetings**

- The organization shall hold an annual meeting for all members in **December**.
- Additional general meetings may be called by the President or at the request of two (2) members.

2. **Board Meetings**

- A quorum for Board meetings shall be a simple majority of the based on the total number of Board Members of any given year.
- The Board shall meet at least two (2) times per year.
 - i. June Board Meeting
 - 1. To close out the spring track and field season
 - 2. To hold Board Member Elections
 - 3. To discuss any summer programs and
 - 4. To plan for the fall cross country
 - ii. November or December Board Meeting
 - 1. To close out the fall cross country season
 - 2. To discuss any winter programs
 - 3. To plan for the spring track and field season

3. **Notice of Meetings**

Notice of all meetings shall be given to members at least thirty [30] days in advance.

Article V: Committees

1. **Standing Committees:** None

2. **Ad-hoc Committees**

The President may establish temporary committees as needed to handle specific functions, such as:

- **Competition Committee:** Organizes and oversees events.
 - **Finance Committee:** Reviews financial matters and budgets.
 - **Disciplinary Committee:** Handles violations of rules and codes of conduct.
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Article VI: Code of Conduct

1. [Player and Member Conduct - Appendix B](#)

All members are expected to exhibit good sportsmanship and respect for others. Misconduct may result in disciplinary action, including suspension or expulsion.

2. [Disciplinary Procedures - Appendix B](#)

The Board, or designated committee, shall review reports of misconduct and decide on team dismissal as outlined in Appendix B.

Article VII: Finances

1. **Fiscal Year**

The fiscal year of the organization shall begin on July 1st and end on June 30th to coincide with the official start of the term for a Board Member and the school year.

2. **Budgets**

The Treasurer shall prepare two budgets, one for Track and Field and one for Cross Country. The budgets are subject to approval by the Board.

3. **Financial Reports**

The Treasurer shall provide regular financial reports at Board meetings and an annual report to the membership.

4. **Audits**

The finances of the organization shall be audited annually by an external auditor or internal audit committee.

Article VIII: Amendments

1. **Proposals**

Amendments to these bylaws may be proposed by any member of the Board or by petition signed by at least five (5) members.

2. **Approval**

Amendments must be approved by a simple majority (51%) vote of the members present at a general meeting.

Article IX: Dissolution

1. **Procedure**

In the event of dissolution, the Board shall distribute any remaining assets to the Denville PAL .

2. **Liabilities**

Any remaining liabilities shall be settled before distribution of assets.

Appendix A

2025 Board Members (eight)

- | | |
|---------------------------------|----------------|
| • Won James Kim, Director | ends June 2025 |
| • Drew Reinhardt, Head Coach | ends June 2025 |
| • Brian Christ, Board Member | ends June 2025 |
| • Jocelyn Vargas, Board Member | ends June 2025 |
| • Yong Chang, Board Member | ends June 2025 |
| • Viviana Ordonez, Board Member | ends June 2025 |
| • Yesid Ordonez, Board Member | ends June 2025 |
| • Graydon Kolk, Board Member | ends June 2025 |

Appendix B

Code of Conduct

1. Do your best to make it to every practice and meet and be on time.
2. Arrive at practices and meets early, ready to listen, work hard, and learn.
3. Be supportive of all athletes on your team. No gossiping, slandering, or bullying your teammates nor others on the opposing team.
4. Show respect for coaches, officials, teammates, and opponents.
5. Learn the rules and always compete by them.
6. Remember, your opponents are necessary friends. Without them, you cannot compete.
7. Use only appropriate language at practice and meets. NO foul language will be tolerated.
8. No matter the outcome of the meet, you will always be a winner if you do your best.
9. Conduct your actions to promote sportsmanship and eliminate horseplay.
10. For safety reasons, do not bring other sports equipment to the practices or meets (ie. Lacrosse sticks and balls).
11. Cell phones are prohibited during practices and during meets.
12. Have fun!

Disciplinary Actions

If any athlete's behavior is determined by a coach, during practices or meets, to pose a danger to themselves or another athlete or coach, or to be disrespectful, unsportsmanlike, or detrimental to the instructional atmosphere, the following consequences will take effect (Infractions will be reviewed with the athlete by the age coach and the head coach with the exception of team dismissal):

- 1st instance – verbal warning
- 2nd instance – removal from practice for up to one full practice
- 3rd instance – suspension from the team's next meet.
- 4th instance – dismissal from team (full Board or appointed committee decision)

I have reviewed the above with my child(ren).

Youth athletes who participate as part of the Denville Striders Youth Track & Field Team represent the Denville PAL Community, coaches, and most importantly, their families. We expect Denville Strider athletes to demonstrate character, high moral standards, leadership, responsibility for one another, and serve as role-models for other youth in the community. On and off the field, during practices, and competitions, we expect nothing less than the best standards of behavior from our athletes and families. We must be gracious in victory and accept defeat just as graciously. In addition, for the safety of everyone, we must always look out for one another.

PARENT'S CODE OF CONDUCT:

1. Encourage fun and doing their best, not just winning. No one wins all the time, no one. Emphasize personal bests as a goal. Teach your child that doing one's best is more important than winning,

so that your child will never feel defeated by the outcome of a race or his/her overall performance.

2. Help out with the needs of your child's team. Volunteering is mandatory for a successful program.
3. Communicate positively with your child's coach and express thanks to him/her outwardly in front of your child. Everyone is a volunteer in this program.
4. Understand and respect your child's capabilities. Embrace who they are right now, and what could be.
5. Listen to your child. If she is telling you she isn't having fun, listen. Do not force your child to participate.
6. Expect and demand professional sportsmanlike conduct from your child always. Be a positive role model for your child by encouraging sportsmanship. Demonstrate respect, courtesy, and positive support for all athletes, other parents, coaches, officials and spectators at every meet and practice regardless of race, creed, color, sex or ability. No booing, taunting, refusing to shake hands, or use of profane language or gestures.
7. Stay off the field unless a coach or volunteer.
8. Respect the officials and their authority during games and never question, discuss, or confront coaches at the game field. Take time to speak with coaches at an agreed upon time and place.
9. Teach your child to play by the rules and to resolve conflicts without resorting to hostility, violence, or bullying.
10. Clean up your mess.
11. If your child is in the 9-10-year old age group or a Junior Strider (CLINIC), a parent or another responsible adult, is required to be present at all practices.
12. Although attending all practices is expected, attending one practice per week is mandatory and cannot be missed for other sports. If not an excused absence, athletes may not participate in the meet for that week.
13. No other sports equipment are to be brought to practices or meets (ie. Lacrosse sticks and balls).