

Century Indoor Track 2021 -2022

Rules of Conduct

Thank you for your interest in Century Track and Field. We are a championship program that demands the very best from each and every one of you – both in and out of the classroom. Athletes should give their best in every aspect of practice and competition. Our goal will always be the same – work hard EVERY day to discover the very best you; County, Regional and State titles will take care of themselves. This team is built on the HARD WORK and DEDICATION of its athletes. As a member of this team you are required to acknowledge your understanding as well as your willingness to abide by the rules, without exception.

- There is ZERO tolerance for harassment of any kind. PERIOD.
- Be aware of your footprint on social media (Instagram, Twitter, Facebook, etc.); comments, statements and opinions reflect directly upon yourself, this team and Century High School.
- All student athletes are required to have the appropriate attire needed for practice.
 - Proper running shoes
 - *Warm-ups will be conducted in cold weather clothing, Sweats (long sweatpants and sweatshirt/coat), no exceptions.* It is a muscle safety issue and if the athlete does not have the appropriate wear they will not be allowed to practice.
- All student athletes are required to be at practice **on time** – excused tardiness requires a note from the teacher, parent, doctor or adult supervisor. If no note is presented, it will be logged as an unexcused tardiness, two of which will result in missed practice (see below).
- All student athletes are required to attend all practices (Reasons for excused absence are listed in the CCPS Handbook). Excused absence requires a note from the teacher, parent, doctor or adult supervisor (scheduled and unscheduled)
 - **Three** unexcused absences will result in dismissal from the team.
- Any athlete who leaves the Century campus during practice hours without coach direction or approval will be dismissed from the team.
- Any athlete caught hanging in the locker room during practice will be disciplined accordingly:
 - **1st Offense:** Counted as an unexcused absence
 - **2nd Offense:** Counted as an unexcused absence and suspended from the next meet.
 - **3rd Offense:** Dismissal from the team.
- No cellphones are to be at practice unless for timing or filming purposes.
 - **MUST** have approval from a coach. Once done, it should be put away.
- All student athletes will treat each other and coaches with respect.

- All student athletes will be issued a uniform and are responsible for the care of it. Do not wash a uniform with a number sticker still attached.
 - If lost or damaged student athletes responsible for replacing it; monetary value \$50.00.
- Vulgar language, verbal or non-verbal to include clothing; will not be tolerated.
- All student athletes are required to have a lock for their belongings in the locker room. Coaches are not responsible for lost or stolen items.
- **Seven days is the MINIMUM notification for missing scheduled meets, regardless if the meet is Varsity or B meet; Entries are due 7 days in advance and an unscheduled absence robs another athlete from competing. If notification is not received (written or emailed to Coach Johnson) then the athlete will be suspended for one meet.**
 - **ALL PRACTICE ABSENCES SHOULD BE SUBMITTED TO: (centurytfoaches@gmail.com)**
- All athletes will be required to purchase and wear a team t-shirt to all competitions (**\$25, cash only**) – only once per year, the T-shirt is good for both indoor as well as outdoor seasons.
- If it doesn't challenge us, it does not change us. **NO EXCUSES.**

ACKNOWLEDGEMENT:

This year there is no signature field and these will not be turned in as hardcopy to the Head Coach. When you complete your Contact Form, you will submit your last name in the acknowledgement field at the bottom of your submission. By submitting your last name, you acknowledge that both student athlete and parent have reviewed and understand the information above and fully accept responsibility to adhere to those guidelines.