**2019-2020 Indoor Track and Field Information Sheet**

Coach Johnson – Head Coach: coach.dyronjohnson@gmail.com

Team Website: <http://www.CenturyTrackandField.com>

Team Twitter: @CHS\_KnightsTF

Athlete & Parent Contact Information: Please access the team website and submit your information on the “Home” page or “Registration Info” page via the Athlete Contact Information form. Please be sure that you only submit once and all information is correct. Please submit by November 15th to be sure you receive early team communications.

Team Registration: All CCPS required documentation is to be submitted online. **Must be completed by November 15th** Please locate the “Athlete Registration Link” and the “Registration Instructions” to complete via:

<http://www.centurytrackandfield.com/registration-info.html>

Code of Conduct: This document contains the team rules of conduct. This MUST be signed and returned on the first day of practice (you may submit just the signature page). This document can be viewed and accessed via the team website at: <http://www.centurytrackandfield.com/registration-info.html>

Team Shirt: Per the Code of Conduct, this **must** be purchased prior to the first meet. All athletes are required to wear a team shirt to competitions. **$25, CASH ONLY**.

Team Commitments: CHS Track and Field is to take priority over non-scholastic sporting activities. \*Members of Century-Ski Club should speak with Coach Johnson\*

Practice Times: Monday – Friday from 3:30pm – 5:30pm. Saturday practice times vary by discipline. There are no practices on Saturday if there is a meet.

\*All Athletes will have practice on Saturday November 16th and 23rd.

**First Day of Practice:**

* First practice is November 15th from 3:00pm – 6:00pm
* Athlete registration must be completed prior to November 15th
* Code of Conduct is to be handed in at the start of practice
* Bring attire to run in

**Important Dates:**

* First practice: November 15th
* Spike/Shoe Night at Tri Sport Junction: Tuesday, November 19th after practice
* Meet the Coach Night: Tuesday, November 26th at 7:00pm

https://www.athletic.net/TrackAndField/School.aspx?SchoolID=19097

http://www.centurytrackandfield.com/calendar.html