**2018 Outdoor Track and Field Information Sheet**

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

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

Team Twitter: @CHS\_KnightsTF

Team Registration: All CCPS required documentation is to be submitted online. **Must be completed by March 1st.** Please locate the “Athlete Registration Link” and the “Registration Instructions” to complete via:

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

Athlete & Parent Contact Information: ALL athletes should complete the “Athlete Contact Information Form” on the team website. Submit PRIOR to the first practice. Complete even if you are a returning athlete.

\*\*This is not considered registering for the team—used for all team related communications\*\*

Concussion Testing Requirements: All Jumpers, Vaulters, and Hurdlers are required to be concussion tested every two years.

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**.

\*\*This is the same shirt as indoor, you are not required to purchase again\*\*

Team Commitments: CHS Track and Field is to take priority over non-scholastic sporting activities. \*Speak with Coach Johnson if you have any potential conflicts\*

Practice Times: Monday – Friday from 3:15pm – 5:15pm. Saturday Mornings (time TBD)

\*Saturday practice times may vary and are only on Saturday’s when there is NO meet\*

**First Day of Practice:**

* First practice is March 1st from 2:45pm – 5:45pm
* Athlete registration must be completed prior to March 1st
* Code of Conduct is to be handed in at the start of practice
* Bring attire to run in

**Important Dates:**

* First practice: March 1st
* Spike/Shoe Night at Tri Sport Junction: Tuesday, March 13th after practice
* Meet the Coach Night: March 13th at 7:00pm

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

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