

Century Indoor Track 2020-2021

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 expected to attend every practice.
- All student athletes are expected to be at practice **on time** – if an athlete will be late, please notify the Head Coach (coach.dyronjohnson@gmail.com) of your situation **PRIOR** to the start of practice.
- Any athlete who leaves the Century campus or designated areas during practice hours without coach direction or approval will be dismissed 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.
- Vulgar language, verbal or non-verbal to include clothing; will not be tolerated.
- **ALL ABSENCES SHOULD BE SUBMITTED TO:**
Coach Johnson and cc (centurytfcoaches@gmail.com)
- Please be sure that you reference the COVID-19 Participation Acknowledgement Statements regarding symptoms for each practice.

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.