

Outdoor Track Team Rules & Information

Welcome athletes and parents to the **2021 Outdoor Track Season**. We are eager to train and continue a tradition of *excellence* in Track and Field at Cleveland HS. Please carefully read and consider the information provided below. This form must be signed online via FinalForms before your athlete can participate. Thank you!

Check out our webpage for announcements, schedule, meet results, photos, and more!

www.clevelandtrack.weebly.com

Women's Team	Men's Team
<ul style="list-style-type: none">• 8-time Conference Champions• '16 State Runner-Up & '18, '16 East Regional Champions• 3-Time 3A East Regional Runner-Up• 5-Time Indoor Conference Champions	<ul style="list-style-type: none">• 7-time Conference Champions• 3-Time 3A East Regional Champion• '18 3A East Regional Runner-Up• 3-Time Indoor Conference Champions

Staff

Gwen Orilio – Head Women's Coach – gwenorilio@johnston.k12.nc.us

Joseph Capps – Head Men's Coach – josephcapps@johnston.k12.nc.us

Joe Johnston – Distance Coach – joejohnston@johnston.k12.nc.us

Jacob Diehl—Pole Vault Coach

Daily Routine

- Screening begins each day at 2:30 pm. We will start shortly after once athletes and staff are screened.
- Athletes attending school face-to-face should use the PE locker rooms or school restrooms to change for practice. The football field house will be off-limits for athletes.
- Athletes should bring all belongings to the track. There will be no re-entry into the school building after practice.
- Athletes need to bring their own water bottles each day! Also, current COVID-19 safety protocols require all individuals to wear masks and maintain 6 feet of distance during practice and meets.
- Practice ends at 4:15 pm. Please have rides at school on time!

Meets

- Athletes are expected to behave in a way that represents our team and school. We expect athletes to both compete at their full potential and maintain a positive attitude toward other competitors.
- Athletes are **not** allowed to scratch themselves from an event.
- Athletes are allowed to leave early from away meets **only** after they have finished their last assigned event. They may **only** leave with their own parent/guardian and **must** check out with a coach before leaving.

Personal Responsibility

- Athletes must take care of themselves physically in order to train and compete most effectively.
Proper diet and drinking water are expected.
- Athletes must follow protocol for seeing the trainer:
 1. Do not go to the trainer without a coach's approval.
 2. Please communicate all injuries with a coach and trainer before visiting your own doctor.

Rules

1. **Academics** – athletes are students first and are expected to maintain good grades. RamTime is a great resource and athletes should be in academic tutorials daily. After school tutorials are a last resort and may result in Unexcused Tardies and Absences.
2. **Attitude** – Excellence is an attitude, and we believe attitude is everything. Athletes are expected to be positive and respectful.
 1. Language – the consequence for profanity and negativity is 10 push-ups per word/phrase
 2. School Behavior – athletes in ISS will not be able to participate on those days. Those days will count as Unexcused Absences.
 3. Social Media—athletes should represent themselves, their families, their school, and their team in a respectable way at all times including on social media. Any improper behavior recorded on social media will be disciplined according to the school's administration and coach's discretion.
3. **Attendance/Tardies** – athletes are expected to be at practice! Athletes that leave school early or are not at practice for any reason **must** let a coach know prior to practice.

Tardies		Unexcused Absences	
1 st	Warning	1 st	Level 1 Extra Duty
2 nd	Final Warning	2 nd	Level 2 Extra Duty
3 rd	One Unexcused Absence	3 rd	Level 3 Extra Duty
4 th	Second Unexcused Absence	4 th	Dismissal from team
5 th	Dismissal from team		

**Coaches will handle discipline in a fair, consistent manner. This includes working with athletes on an individual basis, partnering with parents, and dealing with extenuating circumstances. Additionally, coaches reserve the right to dismiss an athlete from the team for any severe individual act or behavior that jeopardizes the team's success.*

Extra Duty

- Level 1 = 10 min bleacher steps and 50 push-ups (35 for females)
Level 2 = 20 min bleacher steps and 100 push-ups (70 for females)
Level 3 = 30 min bleacher steps and 150 push-ups (100 for females)

Acknowledgement

Athlete Signature: _____ Date: _____
Parent/Guardian Signature: _____ Date: _____

****This form must be signed and returned before an athlete is allowed to participate in his/her first meet.***