

Hornell Varsity Track & Field Athlete and Parent Information

Equipment:

- Proper training shoes are important. Consult runnersworld.com → shoes and gear → running shoe basics to get a clearer idea of what your child should be wearing.
- Competition shoes. Again, it is not the way it looks that counts. You want the proper shoe for your event. Eastbay is popular, but firsttothefinish.com and dickpondathletics.com have a large quantity available, sometimes for as little as \$20.
- For meets, pack for every eventuality. We have encountered both snow and heat wave in May. Also have sunscreen. Invariably athletes get burned, even if it is early April and it's only 50 degrees.

Nutrition:

- A great post-workout drink is chocolate milk. Research shows it to be as effective as any sports drink available.
- It is important to have protein to aid in muscle recovery. This can be red meat, fish, or, for the vegetarians, legumes and dark green vegetables.
- For the meets, or any time, junk is less than desirable. Basically, poor fuel equals poor performance. Water, fruit, and carbohydrates (e.g., bagels) are great. The sugars in these are much easier to break down and won't create stomach cramps.

Academics and School Responsibilities:

- We take pride in earning scholar-athlete awards. Student-athletes are expected to maintain their good academic standing or risk academic eligibility sanctions. The outdoor season is short and a suspension will jeopardize an athlete's (and the team's) successes this season. Students who become academically ineligible are responsible for procuring all necessary paperwork and fulfilling their after school obligations. **THIS IS NOT THE COACHES' JOB; IT IS THE STUDENT'S.** Attendance at school is important. If you are to miss any portion of a school day, a note from the doctor or from the parents for legal reasons must be turned in or you may not practice or compete.

Other Concerns:

- We have a **website** accessible through the hornellcityschools.com, under Athletics. It will contain links to the sectional and milesplit sites. Entry into sectionals is based on performance-- with participation in a minimum of six meets-- with automatic and provisional standards. These will also be available online so that you can see where your child stands.
- **Practices** are required, obviously. We **begin at 3:30** and **end around 5 PM**. If an athlete misses **two practices without an excuse**, there will be a **one-meet suspension**. After **three unexcused practices**, the athlete will be **dismissed from the team**. *This results in suspension from the next sport participated in (equivalent to 10% of a sport's season contests).*
- **Participation**. A benefit of the program is the opportunity to compete, i.e., there is no bench. However, weekend invitationals have limited event entries. We

coaches make every effort to include as many athletes as possible, however, there may be times when some athletes will not compete. In fact, our own invitational has imposed entry standards whereby some of our athletes have been excluded.

- **Sportsmanship.** We also take great pride in being gracious competitors. This means wishing opponents good luck before competition starts and offering congratulations, win or lose, afterwards. Hornell athletes should offer to help, whether moving equipment or helping another coach or an injured athlete, without fail.
- **Modified meets.** The dates of the modified home meets are listed on the schedule. Varsity athletes are expected to stay and help as timers and event officials for at least one meet. This offers a chance to be a role model and to encourage the next generation of Hornell runners, jumpers, and throwers.
- **Transportation.** Athletes will ride to away meets on the team bus. Parents may take their child home after competition. Coaches will have a sign-out sheet. If any athlete needs to ride home with someone other than a parent, i.e., another teammate's parents for special events, *a note from both parents must be submitted to Mr. Werner 24 hours before the competition.*
- **Other Obligations.** We understand that our students are dynamic individuals involved in a variety of activities. We make every effort to accommodate whenever possible. However, it is difficult to maintain conditioning and continue improving if other activities interfere too greatly. A missed practice once in a while is tolerable, too many (more than once every two weeks) becomes untenable. This applies also to out-of-season sports involvement. Our primary responsibility is to maintain athlete safety. It is difficult to prepare or train an athlete who is injured while participating in another sport during the track and field season.

Contact:

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