

## Hornell Indoor Track and Field---Winter 2017-18 Athlete/Parent Information Sheet

- \*Practices begin promptly at **3:30 PM** and end no later than **5:00 PM**. (Our first practice is Monday, November 6<sup>th</sup>.)
- \*We will practice outside whenever the weather conditions permit. Athletes must be prepared.
- \*If an athlete has an **unexcused absence** during the week, he or she is **ineligible** for the next meet.
- \*If an athlete misses a meet without a valid reason, he or she will be **dismissed** from the team.
- \*If an athlete has more than **two unexcused absences** during the season, he or she will be **dismissed** from the team.
- \*All buses depart as scheduled from the new bus loop-please arrive 15 minutes early. We cannot wait.
- \*Multiple meets are held each weekend and we compete against all league schools and sectional classes.
- \*Meets are held on Friday evenings or Saturdays (AM or PM sections) at Brockport, R.I.T., Hobart, or Houghton.
- \*Meets usually average five-six hours in length.
- \*A later event may be cancelled due to time limits.
- \*Most meets are not team scored due to large numbers of athletes competing.
- \*Team scoring meets include all invitationals, the LCAA Championship, and the Section V Meet.
- \*Modified, Junior Varsity, and Varsity levels compete at the same meets, except for championships.
- \*All meet results are posted on **yentiming.com** (For real time results at meets, go to: **live.yentiming.com**)
- \*The **Section V Leaderboard** is accessed via **sectionvtrack.com** or **yentiming.com**
- \*We are a member of the **Rochester Winter Track League** and the **Livingston County Athletic Association**.
- \*Our team website is at: **www.hornellcityschools.com/track/indoor/indoor.html**
- \*My email is **mike.degaetano@hornellcsd.org**

### **\*Parents and Guardians please make sure your son or daughter:**

1. Arrives at all practices and meets prepared for any weather conditions.
  - \*This includes:
    - Proper footwear = running shoes or racing/event appropriate footwear (1/8' spikes only)
    - Multiple layers of clothing = t-shirt, shorts, long-sleeve shirt, sweat pants, sweatshirt, hoodie, Under Armor, and hat/gloves, etc.
    - A complete school issued uniform (meets only). Relays must match!
2. Brings his or her own water bottle (NO SHARING!)
3. Has adequate food, drink, and/or \$ for away meets-the bus does not stop.
4. Maintains proper nutrition, hydration, and gets adequate rest throughout the long winter season.
5. Communicates **ANY** and **ALL** injuries or illnesses to the coaching staff without delay.
6. Understands the commitment to the HHS Athletic Code of Conduct, Eligibility Policy, and his or her team, teammates, and coaches. **"Make smart choices."**

\*Our coaching philosophy is based on three basic principles: 1) continual, personal improvement, 2) every athlete competes and contributes, and 3) try as many events as you would like during the season and have fun.

\*Workouts include: form drills and techniques, strength and conditioning programs, balance, flexibility, and plyometric exercises, and event specific training. We have four 4-week cycles of training: *Conditioning, Strength, Speed, and Peak*.

**Indoor Track Events for 2017-18\***: Varsity athletes are limited to *three* events per meet. Modified are limited to *two*.

55M Dash	800M Relay	Shot Put
55M Hurdles	1600M Relay	Weight Throw
300M Dash	3200M Relay	High Jump
600M Run	Sprint Medley Relay	Long Jump
1000M Run	Distance Medley Relay	Triple Jump
1500M/1600M Run	1500M Racewalk	Pole Vault
3000M/3200M Runs**		

\*Not all events are contested at every meet, but will rotate weekly. \*\*Modified athletes cannot run the 3000/3200M.

**Coaching Staff:** Mike DeGaetano, Angela Delany; \*Damian DeMarco and \*Lisa Rosica (\*volunteer assistants)