

Hornell Varsity Track Field  
2016 Schedule

<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>Distance</i>	<i>Sprints</i>	<i>Jumps</i>	<i>Throws</i>
03/06/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
<b>03/07/17</b>	<b>Parent Mtg.</b>	<b>A-Gym</b>	<b>6:00 PM</b>	<b>Make-ups on</b>	<b>3/6 &amp; 3/8</b>	
03/07/17	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/08/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/09/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
03/10/17	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
03/13/17	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
03/14/17	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/15/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/16/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
03/17/17	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
03/20/17	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
03/21/17	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/22/17	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/23/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/24/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
03/27/17	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
03/28/17	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
03/29/17	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/30/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/31/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
04/03/17	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
04/04/17	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
04/05/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
04/06/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
<b>04/07/17</b>	<b>Spring</b>	<b>Break</b>				
<b>04/17/17</b>	<b>Spring</b>	<b>Break</b>				
<b>04/18/17</b>	<b>Meet</b>	<b>Dansville</b>	<b>Home</b>	<b>4:30 PM</b>		
<b>04/19/17</b>	Practice	<b>Mod. Meet</b>	Anaerobic	Anaerobic	Run/Strength	Weights
04/20/17	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
04/21/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>04/22/17</b>	<b>Meet</b>	<b>Olean Inv.</b>	<b>Away</b>	<b>4:00 PM</b>	<b>Buses at</b>	<b>3:00 PM</b>
04/24/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>04/25/17</b>	<b>Meet</b>	<b>Wellsville</b>	<b>Home</b>	<b>4:30 PM</b>		
04/26/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
04/27/17	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
<b>04/28/17</b>	<b>Meet</b>	<b>Gator Relays</b>	<b>Away</b>	<b>4:30 PM</b>	<b>Buses at</b>	<b>3:00 PM</b>
05/01/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/02/17</b>	<b>Meet</b>	<b>Bath</b>	<b>Home</b>	<b>4:30 PM</b>		
05/03/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
05/04/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/05/17</b>	<b>Meet</b>	<b>Hornell Inv.</b>	<b>Home</b>	<b>5:00 PM</b>		
05/08/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/09/17</b>	<b>Meet</b>	<b>Livonia</b>	<b>Home</b>	<b>4:30 PM</b>		
<b>05/10/17</b>	Practice	<b>Mod. Meet</b>	Anaerobic	Anaerobic	Run/Strength	Weights
05/11/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
05/12/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
<b>05/13/17</b>	<b>Meet</b>	<b>Wellsville</b>	<b>Spring Day</b>	<b>9:30 AM</b>	<b>Buses at</b>	<b>8:30 AM</b>
05/15/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/16/17</b>	<b>Meet</b>	<b>Way-Co</b>	<b>Away</b>	<b>4:30 PM</b>	<b>Buses at</b>	<b>3:15 PM</b>
05/17/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/18/17</b>	<b>Meet</b>	<b>LCAA</b>	<b>Dansville</b>	<b>5:00 PM</b>	<b>Bus at</b>	<b>4:00 PM</b>
<b>05/19/17</b>	<b>Meet</b>	<b>LCAA</b>	<b>Cal-Mum</b>	<b>4:30 PM</b>	<b>Buses at</b>	<b>3:15 PM</b>
05/22/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs

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05/23/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
<b>05/24/17</b>	<b>JV Meet</b>	<b>Warsaw</b>	Run	Prep Events	Prep Jumps	Prep Throws
05/25/17	Practice	<b>Mod. Meet</b>	Aerobic	Aerobic	Drills/Jumps	Core/Legs
<b>05/26/17</b>	<b>Meet</b>	<b>Sectionals</b>	<b>HF-L</b>	<b>4:00 PM</b>	<b>Bus at</b>	<b>1:30 PM</b>
<b>05/29/17</b>	<b>Memorial</b>	<b>Day</b>				
05/30/17	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
05/31/17	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
06/01/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
06/02/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>06/03/17</b>	<b>Meet</b>	<b>State Qual.</b>	<b>Penfield</b>	<b>5:00 PM</b>	<b>Bus at</b>	<b>3:15 PM</b>
06/05/17	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
06/06/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
06/07/17	Practice		Run	Prep Events	Prep Jumps	Prep Throws
06/08/17	<b>Meet</b>	<b>States</b>	<b>Union-Endicott</b>			
06/09/17	<b>Meet</b>	<b>States</b>	<b>Union-Endicott</b>			

<i>Speed:</i>	<i>Drills include:</i>	<i>Drills include:</i>	<i>Drills include:</i>
<b>Aerobic=</b>	Knee drive	Knee drive	Spins
Long intervals	Starts	Starts	Glides
At slower pace	Quick feet	Box pops	Duck walks
With short rest	Accelerators	Scissor hops	Box hops
	Pop-ups	Pop-ups	Pop-ups
<b>Anaerobic=</b>	High knee	High knee	Back to back
Short intervals	Butt kick	Butt kick	Jump rope
At faster pace	Pony slap	Pony slap	Quick feet
With long rest	Step-overs	Step-overs	Carry-overs
	Hops	Hops	Hops
	Lunges	Lunges	Lunges

Coaches:	Mr. DeMarco	Mr. DeGaetano	Mrs. Rosica	Mrs. Delany
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