

Hornell Varsity Track Field  
2018 Schedule

<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>Distance</i>	<i>Sprints</i>	<i>Jumps</i>	<i>Throws</i>
03/01/18	<b>Parent Mtg.</b>	<b>A-Gym</b>	<b>6:00 PM</b>	<b>only for new</b>	<b>athletes!</b>	
03/05/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/06/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/07/18	Practice	<i>Girls Optional</i>	Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/08/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/09/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
03/12/18	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
03/13/18	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
03/14/18	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/15/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/16/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
03/19/18	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
03/20/18	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
03/21/18	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/22/18	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/23/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
03/26/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
03/27/18	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
03/28/18	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
03/29/18	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
03/30/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
04/02/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
04/03/18	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
04/04/18	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
04/05/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
04/06/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
04/09/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>04/10/18</b>	<b>Meet</b>	<b>Livonia</b>	<b>Away</b>	<b>4:30 PM</b>	<b>Buses at</b>	<b>3:15 PM</b>
04/11/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
04/12/18	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
04/13/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>04/14/18</b>	<b>Meet</b>	<b>Frnkville Inv.</b>	<b>Away</b>	<b>12:30 PM</b>	<b>Buses at</b>	<b>11:00 AM</b>
04/16/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>04/17/18</b>	<b>Meet</b>	<b>Way-Co/Well</b>	<b>Home</b>	<b>4:30 PM</b>	<b>postponed to</b>	<b>May 14</b>
<b>04/18/18</b>	<b>Meet</b>	<b>Wellsville</b>	<b>Away</b>	<b>5:00 AM</b>	<b>Buses at</b>	<b>3:45 PM</b>
04/19/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
<b>4/19-29</b>	<b>Spring</b>	<b>Break</b>				
04/30/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/01/18</b>	<b>Meet</b>	<b>Dansville</b>	<b>Away</b>	<b>4:30 PM</b>	<b>Buses at</b>	<b>3:15 PM</b>
05/02/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
05/03/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/04/18</b>	<b>Meet</b>	<b>Hornell Inv.</b>	<b>Home</b>	<b>5:00 PM</b>		
05/07/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/08/18</b>	<b>Meet</b>	<b>Bath</b>	<b>Home</b>	<b>4:30 PM</b>		
05/09/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
05/10/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
05/11/18	Practice	<b>Mod. Meet</b>	Aerobic	Aerobic	Drills/Jumps	Core/Legs
<b>05/12/18</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>
05/14/18	Practice	<b>Mod. Meet</b>	Run	Prep Events	Prep Jumps	Prep Throws
05/15/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
05/16/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/17/18</b>	<b>Meet</b>	<b>LCAA</b>	<b>Dansville</b>	<b>5:00 PM</b>	<b>Bus at</b>	<b>4:00 PM</b>

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<b>05/18/18</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>
05/21/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
05/22/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
05/23/18	<b>JV Meet</b>	<b>Warsaw</b>	Run	Prep Events	Prep Jumps	Prep Throws
05/24/18	Practice	<b>Mod. Meet</b>	Aerobic	Aerobic	Drills/Jumps	Core/Legs
05/25/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>05/26/18</b>	<b>Meet</b>	<b>Sectionals</b>	<b>Avon</b>	<b>10:00 AM</b>	<b>Bus at</b>	<b>8:15 AM</b>
<b>05/28/18</b>	<b>Memorial</b>	<b>Day</b>				
05/29/18	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
05/30/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
05/31/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
06/01/18	<b>Meet</b>	<b>State Qual.</b>	<b>Cal-Mum</b>	<b>5:00 PM</b>	<b>Bus at</b>	<b>3:15 PM</b>
06/04/18	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
06/05/18	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
06/06/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
06/07/18	Practice		Run	Prep Events	Prep Jumps	Prep Throws
06/08/18	<b>Meet</b>	<b>States</b>	<b>Cicero-NS</b>			
06/09/18	<b>Meet</b>	<b>States</b>	<b>Cicero-NS</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. Wolf	Mrs. DeLany
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