

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 | Parent Mtg. | A-Gym | 6:00 PM | only for new | athletes! | |
| 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 |
| 04/10/18 | Meet | Livonia | Away | 4:30 PM | Buses at | 3:15 PM |
| 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 |
| 04/14/18 | Meet | Frnkville Inv. | Away | 12:30 PM | Buses at | 11:00 AM |
| 04/16/18 | Practice | | Run | Prep Events | Prep Jumps | Prep Throws |
| 04/17/18 | Meet | Way-Co/Well | Home | 4:30 PM | | |
| 04/18/18 | Practice | | Run | Prep Events | Prep Jumps | Prep Throws |
| 04/19/18 | Practice | | Aerobic | Aerobic | Drills/Jumps | Core/Legs |
| 4/19-29 | Spring | Break | | | | |
| 04/30/18 | Practice | | Run | Prep Events | Prep Jumps | Prep Throws |
| 05/01/18 | Meet | Dansville | Away | 4:30 PM | Buses at | 3:15 PM |
| 05/02/18 | Practice | | Anaerobic | Anaerobic | Run/Strength | Weights |
| 05/03/18 | Practice | | Run | Prep Events | Prep Jumps | Prep Throws |
| 05/04/18 | Meet | Hornell Inv. | Home | 5:00 PM | | |
| 05/07/18 | Practice | | Run | Prep Events | Prep Jumps | Prep Throws |
| 05/08/18 | Meet | Bath | Home | 4:30 PM | | |
| 05/09/18 | Practice | | Anaerobic | Anaerobic | Run/Strength | Weights |
| 05/10/18 | Practice | | Run | Prep Events | Prep Jumps | Prep Throws |
| 05/11/18 | Practice | Mod. Meet | Aerobic | Aerobic | Drills/Jumps | Core/Legs |
| 05/12/18 | Meet | Wellsville | Spring Day | 9:30 AM | Buses at | 8:30 AM |
| 05/14/18 | Practice | Mod. Meet | 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 |
| 05/17/18 | Meet | LCAA | Dansville | 5:00 PM | Bus at | 4:00 PM |

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|-----------------|-----------------|--------------------|------------------|-----------------|-----------------|----------------|
| 05/18/18 | Meet | LCAA | Cal-Mum | 4:30 PM | Buses at | 3:15 PM |
| 05/21/18 | Practice | | Aerobic | Aerobic | Drills/Jumps | Core/Legs |
| 05/22/18 | Practice | | Anaerobic | Anaerobic | Run/Strength | Weights |
| 05/23/18 | JV Meet | Warsaw | Run | Prep Events | Prep Jumps | Prep Throws |
| 05/24/18 | Practice | Mod. Meet | Aerobic | Aerobic | Drills/Jumps | Core/Legs |
| 05/25/18 | Practice | | Run | Prep Events | Prep Jumps | Prep Throws |
| 05/26/18 | Meet | Sectionals | Avon | 10:00 AM | Bus at | 8:15 AM |
| 05/28/18 | Memorial | Day | | | | |
| 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 | Meet | State Qual. | Cal-Mum | 5:00 PM | Bus at | 3:15 PM |
| 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 | Meet | States | Cicero-NS | | | |
| 06/09/18 | Meet | States | Cicero-NS | | | |

| | | | |
|-------------------|------------------------|------------------------|------------------------|
| <i>Speed:</i> | <i>Drills include:</i> | <i>Drills include:</i> | <i>Drills include:</i> |
| Aerobic= | 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 |
| Anaerobic= | 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 |

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| Coaches: | Mr. DeMarco | Mr. DeGaetano | Mrs. Wolf | Mrs. DeLany |
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