

# *Neshaminy Girls Spring Track & Field*

Coach White, 484-883-2562 or swhite@neshaminy.org

**Team Organization:** Track & Field runs a little differently than other sports. Practices are in six basic event groups; sprinters, distance runners, hurdlers, jumpers, vaulters and throwers. Our daily routine consists of a **group warm-ups** then training within the event groups. Each event group has its own training protocol and end at different times.

**Commitment:** If you want to compete, you need to practice. Proper practice and time equals success. You need to plan your work schedule around practice and meets. We understand that some conflicts that are unavoidable ---- however, work is not an excuse. If you want to compete, Track and Field should be your #1 commitment outside of your family and school! If you cannot attend a meet, you need to tell us NOW --- the day before a meet is too late!

## **Daily Routine**

- **Be on time. We start our warmups at 2:20.** (Get changed in Gym 1 or Gym 3).
- Keep your valuables with you or in a locked locker.
- Meet your coach (sprinters , jumpers & vaulters: front lawn / throwers: Fitness Center / distance: D115).
- Listen to, and follow, the instructions of your coach.
- Take and use coaches cues and constructive criticism in a positive manner.
- Follow all safety regulations and expectations set up by coaches.
- **Do not touch or use equipment** without permission from a coach and proper training
- No messing around (on the track... and especially in the throwing/vaulting areas)
- No swearing of any kind.
- Daily dedication, focus, perseverance and hard work are critical to your success.
- **Be positive.** Negative attitudes will affect your warm-up, work-out and/or performance.
- **Contribute to a positive team atmosphere** by saying positive things.

## **Equipment**

All athletes will need to be properly dressed every day. Most of our training will be outdoors, so athletes need be aware of the weather conditions and plan accordingly.

**Shoes - Most of your training will be in flats, not spikes.** I highly recommend quality running shoes that are in good condition. Basketball shoes and cross trainers are unacceptable footwear, as these shoes may increase your chances of injury.

**We recommend using spikes for high level running competition.**

**Clothing** – We recommend the following clothing items: Knit cap, cotton gloves, sweatpants, sweatshirt, turtleneck shirts, and socks that cover your ankles. Avoid wearing tight clothing that limits movement or interferes with circulation.

**New athletes can purchase (and keep) or borrow their uniforms. Borrowed uniforms must be returned at the end of the season..**

**NEW ATHLETES** -- The one-time fee to purchase uniform is \$50.00.

The one-time fee to borrow a uniform is \$25.00.

We also sell other team apparel.

If you have any questions in regards to these purchases, please call or email Coach White

# 2023 Girls Spring Track Schedule

Sat. April 1	11:00 AM	Neshaminy Track Classic / @ Bensalem
Tues. April 4	3:00 PM	@ Pennsbury / Pennsbury HS
Tues. April 11	3:00 PM	@ C.R. South / C.R. South HS
Sat. April 15	12:00 PM	@ Bensalem Invitational / Bensalem HS
Mon. April 17	4:15 PM	9th grade Penn Relay Trials / U. Darby HS *
Tues. April 18	3:00 PM	@ Truman / Tuman HS
Sat. April 22	10:00 AM	@ CB West Relays / C.B. West HS
Mon. April 24	3:00 PM	@ Bensalem / Bensalem HS
Tues. April 25	3:30 PM	@ C.R. South / C.R. South HS
Fri., April 28	TBD	@ Penn Relays 4x100 M Relay*
Sat. April 29	9:00 AM	@ Unionville Invitational / Unionville HS
Tues. May 2	2:45 PM	@ C.R. North / C.R. North HS
Thurs. May 4	3:30 PM	@ Tennent Invitational / W. Tennent HS*
Fri. May 5	2:00 PM	@ Henderson Invit. / W.C. Henderson HS*
Sat. May 6	1:00 PM	Lady Rocker Invitational / C.R. North HS *
Fri. May 12	3:30 PM	@ SOL Championships *
Sat. May 13	9:00 AM	@ SOL Championships *
Fri. May 19	12:30 PM	@ Districts *
Sat. May 20	9:00 AM	@ Districts *
Fri. May 26	9:00 AM	@ States **
Sat. May 27	9:00 AM	@ States **

\* **Athletes must qualify to compete in these meets...** and the District meet features the best athletes from 71 teams in Bucks, Chester, Delaware and Montgomery counties and has a VERY high level of competition--comparable to a Division 2 college meet.

\*\* **Athletes must qualify to compete in this meet.** Only the very best athletes from the 270+ teams in Pennsylvania compete in this meet – which makes this meet comparable to a Division 1 college meet.

# Neshaminy Track and Field

## Practices

- Practices are held every day, and start at 2:20 (so don't wander the halls after school) and end at 4:45 or 5 pm.
- Be accountable for all practices by letting the coaches know if you cannot attend a practice. Athletes can notify the coach in person, via email or via text (do expect a reply).
- All athletes must remain with their coach and /or follow the directions given by their coach.
- Practice will only be cancelled by a coach or the Administration.

## Competition

- Athletes must travel to a meet on the bus.
- Athletes are responsible for school work missed while attending away meets.
- In order to be eligible to participate in a meet athletes must sign in before 5th period.

## Participation

- All athletes who practice will participate in dual meets, but Invitationals often require qualifying marks.
- Varsity letters are awarded to underclassmen based on their individual performances in meets.

## Communication

- Communication between the coaching staff, players and parents is very important to the success of the team
- Athletes should be encouraged to talk to the coach.

## Coaches and Parents

- Parents should contact Coach White if they have any concern that their child cannot workout with their coach.
- Coaches will not be available to parents to discuss coaching strategies, comparing of other athletes to your student athlete or any other issue that relates to the managing of the team.

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Print Athlete's Name \_\_\_\_\_

\_\_\_\_ Our family does not foresee any conflicts with the schedule at this time

\_\_\_\_ Our family has a conflict with the following meet(s) circled below:

4/1, 4/4, 4/15, 4/18, 4/22, 4/24, 4/25, 4/29, 5/2, 5/4, 5/5, 5/6, 5/12 & 5/13, 5/19 & 5/20

**NEW ATHLETES – Please include a one-time \$50.00 or \$25 fee for your uniform.**

Enclosed is the One-time uniform fee of \_\_\_\_\_ (cash or check made out to NHS)

We will host our own Invitational Track Meet @ Bensalem on April 1st at 11AM and your help would be greatly appreciated.

\_\_\_\_ **We are available to help at the Track Invitational on 4/1**

# Neshaminy Track and Field Rules

**Eligibility/Regulations** - Comply with all PIAA and Neshaminy School District eligibility rules and regulations. These include but are not limited to the following:

**School Board Policy #516- Academic Eligibility** - The purpose of this policy is to encourage students in co-curricular activities and athletes to meet their academic requirements.

**School Board Policy #510 Alcohol and other drugs** and Co-Curricular Substance and Abuse Guidelines. - Includes: Smoking, vaping etc.

**School Board Policy #554- Hazing** - The purpose of this policy is to maintain a safe and positive environment for students and staff that is free from hazing. Hazing actives of any type are inconsistent with the educational goals of the district and are prohibited at all times.

## **Academic Eligibility**

- Grades are essential to remaining apart of the team.
- Athletes failing 2 or more classes will be eligible to compete for the entire week.
- Athletes will be told on Monday if they are ineligible for that week.
- If an athlete is ineligible, they may attend practice but cannot compete for that specific week.
- If a player continues to be ineligible, they will lose their privilege to practice as well as compete.

**Behavior** - Your behavior should be exemplary. You are representing yourself, the team and the school. Therefore, no inappropriate behavior will be tolerated.

- Players should treat teammates, coaches, trainers and officials with respect.
- Foul language and obscene gestures will not be tolerated.
- In school and out of school suspension will result in not being permitted to practice or compete on the dates of suspension.

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Parents Role: we hope that you take a proactive approach with your child in regards to have a successful track season; we strongly encourage a positive approach to all we do. If you or your athlete has issues or concerns, please contact Coach White via phone/ text at 484-883-2562 or at swhite@neshaminy.org.

## **Please sign and detach to return this portion of the Agreement to Coach White**

I have read the parent letter and am aware of the teams' schedule and policies.

Parent/Guardian Name \_\_\_\_\_ Parent/Guardian cell # \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Parent/Guardian cell # \_\_\_\_\_

Athlete signature \_\_\_\_\_ Parent/Guardian signature \_\_\_\_\_

Print Athlete's Name \_\_\_\_\_ Athlete's cell # \_\_\_\_\_

Athlete's Student # \_\_\_\_\_ 8th (odd) period room # \_\_\_\_\_ 8th (even) period room # \_\_\_\_\_