

# North Allegheny Middle School Track and Field - 2019



Dear Track and Field Student-Athletes and Parents,

We wish to begin this track season by thanking you in advance for supporting our team and for allowing your child to participate in our program. Our goals center on making sure our student-athletes learn more about track & field, benefit from the daily exercise and have fun. We look forward to another successful season!

The following is a list of items that we want to bring to your attention in order to familiarize you with the procedures of the team. We hope they will be helpful, but if you have any further questions, please feel free to contact us at any time.

1. There will be **parent meeting** directly after practice on Monday, March 11<sup>th</sup> (5:20-6:20). If you are new to the program, we encourage you to attend. Our presentation will be posted on TeamSnap if you cannot attend.
2. Our season begins on Monday, March 4<sup>th</sup> and will continue until our invitational on May 2<sup>nd</sup>. (There will be a pizza party and uniform turn-in day on Friday, May 3<sup>rd</sup>). Practice will take place at NAI's Track from 3:40-5:15. We will meet initially in the upper gym at NAI (unless it is nice outside, then we will meet on the track). CMS students will walk down to NAI immediately following the conclusion of their school day (on the sidewalk, not any trails). MMS and IMS students should take the shuttle bus from their respective school. Locker rooms are available at NAI, as long as they properly cared for. To alleviate congestion in the parking lot after practice, athletes from CMS and IMS should be picked up in the rear of NAI (by gym entrance) and athletes from **MMS should be picked up at the NAI entrance/exit area closest to McKnight Elementary.**
3. We do not make cuts on this team, but we do expect consistent daily attendance and a serious effort out of each participant. In return, we make every effort to allow as many people as possible to participate in each regular season meet. Due to high numbers we are required to limit the number of athletes who go to away meets. Likewise, entries are even more limited for invitational meets. Consequently, we will have a three tiered system as follows (will be explained in depth at practice):

<b>Home Team</b>	Everybody will compete in home dual meets held at the NAI track.
<b>Traveling Team</b>	These athletes are top performers in at least one event. They will compete in away dual meets. Athletes may be added to this team throughout the season based on performance.
<b>Invitational Team</b>	These athletes are elite performers in at least one event. They will compete in the invitationals which typically allow 2-3 athletes per event. Membership on this squad is not permanent and is adjusted throughout the season based on all athlete performances.

4. Home meets will start at approximately 4:00 pm and can last until 6:45-7:15pm. Unless there is an emergency or a previously scheduled obligation, we ask that all team members stay until the end of the meet to cheer on their teammates (if they are not participating). For away meets, we *typically* **return to NAI** from away meets between 6:15 and 7:30 pm. See back for the schedule of events.
5. **Attendance at practice is mandatory**, with the exception of **one practice per week IF** the student-athlete fills out the **absence form** on our website ([www.northallegheny.org/track](http://www.northallegheny.org/track) **PRIOR** to that day's practice). If you miss school, you cannot participate in any school sport that day. Special concerns in this regard should be addressed to Coach Robertson and Coach Howell (emails listed on back). Student-athletes should come dressed for all kinds of weather. If the weather is excessively inclement, we will practice indoors or cancel.
6. We ask that you help us by encouraging your child to speak with one of us if he/she has any questions, concerns, injuries, etc. Since we do not make cuts, we have a large team and it is possible to get lost in the crowd (if you don't speak up), but it is crucial that we know if something is amiss in order for us to respond appropriately.
7. **For updates throughout the season, please refer to <http://www.northallegheny.org/track>.** Important announcements, schedule changes, important handouts, meet information, etc. will be posted here, and it will be updated at least weekly. This is the best and quickest way to stay updated on information throughout the season. The site will include the Twitter feed of Coach Robertson, who will use it primarily to provide important updates and reminders throughout season. The main purpose of using Twitter is so that we can still update you when we are not at a computer (i.e. at a meet from a mobile device). You can follow him **@natrackcoach** if you have a twitter account or just check the twitter feed, which is embedded on our web site (at the bottom).



Additionally, we will be using an online and mobile application called  and this will allow you and your child to have a one-stop shop for all information listed previously in this section. **You will need to accept the invite (which will be sent to the email you provided through the FamilyID registration).** With all of these resources available, we hope this will reduce the number of similar and general emails we receive so that we can respond promptly to those who may have a special situation or a question that has not been answered. So we ask that you please check our website, TeamSnap, and/or Twitter before you email us. If you cannot find what you are looking for there, please don't hesitate to email – we will get back to you as soon as possible.

### Meet Information

The track events run according to the following chronologic order:

- |                            |                               |                                |
|----------------------------|-------------------------------|--------------------------------|
| <b>1. 100/110m Hurdles</b> | <b>4. 400m Relay (4x100m)</b> | <b>7. 200m</b>                 |
| <b>2. 100m</b>             | <b>5. 400m</b>                | <b>8. 3200m</b>                |
| <b>3. 1600m</b>            | <b>6. 800m</b>                | <b>9. 1600m Relay (4x400m)</b> |

Field events include: **Shot Put, Discus, Long Jump, Triple Jump, High Jump and Pole Vault.**

On away meet day, we typically consolidate all three schools into one of three buses and head to our destination. Where we meet to start our trip depends on what middle school is closest to our destination (most typically, MMS).

Upon arrival at the opposing team's track we warm up, stretch, and then compete. The opposing team determines the order of field events and whether the boys or girls compete first.

After the completion of the meet, the athletes are to take the bus back to NAI (usually arriving at NAI between 6:15-7:30pm for dual meets, later for invitationals) unless one of the following conditions is met:

- 1) Mom, Dad or Legal Guardian takes them home. In this case, that parent should see one of the coaches to indicate that they are taking their son or daughter home **AND** sign the sign-out clipboard; or
- 2) The athlete gives a head coach a note written and signed by a parent or guardian, indicating that the individual has permission to go home with a fellow teammate's parent/guardian (the **driver will then sign the sign-out clipboard for all athletes he or she is taking home**).

Following these procedures will ensure every child's safe transportation back home.

For those who take the bus back from the meet, the drop-off point is always at NAI near the gymnasiums. A coach will wait with the athletes until they are all picked up. We encourage the athletes to call/text home once we leave the meet so that the parents have a better idea of when to pick up their child at NAI. We will also send out an estimated time of arrival at NAI upon leaving the school via Twitter and/or a TeamSnap text notification.

At invitationals, there may be additional events (i.e. 300m hurdles, 4x800 relay, etc.), trials for certain events, and the order will be different from dual meets.

We hope this information will clarify some general procedures for our team. We appreciate your support of the athletes and the program; it makes a tremendous impact on the spirit and success of the team. Thank you!

GO TIGERS!!

E. J. Robertson (IMS)  
[ERobertson@northallegheeny.org](mailto:ERobertson@northallegheeny.org)

Bill Howell (NAI)  
[howell@northallegheeny.org](mailto:howell@northallegheeny.org)

Away Team Only
<b>Whole Team</b>
Invitational Selections Only

### **2019 Middle School Track and Field Schedule**

Date	Time	Opponent	Location
Monday, March 25th	3:30	@ Mars w/ Blackhawk	Mars Athletic Complex
Wednesday, March 27th	3:30	@ North Hills	Martorelli Stadium
Wednesday, April 3rd	4:00	@ Knoch w/ Woodland Hills	Knoch Stadium
Friday, April 5 <sup>th</sup>	3:30	@ Shaler w/ Pine Richland	Shaler Middle School
<b>Wednesday, April 10<sup>th</sup></b>	<b>4:00</b>	<b>Fox Chapel w/ Hampton</b>	<b>Home (NAI)</b>
<b>Tuesday, April 16<sup>th</sup></b>	<b>4:00</b>	<b>Seneca Valley</b>	<b>Home (NAI)</b>
<b>Tuesday, April 23<sup>rd</sup></b>	<b>4:00</b>	<b>Butler</b>	<b>Home (NAI)</b>
Thursday, April 25 <sup>th</sup>	2:00	@ Mars Invitational	Mars Athletic Complex
Monday, April 29 <sup>th</sup>	4:00	@ Seneca Valley Invitational	NexTier Stadium
Thursday, May 2 <sup>nd</sup>	3:30	NA Invitational	Home @ Newman Stadium