

2021 NORTH ALLEGHENY MIDDLE SCHOOL TRACK & FIELD



Dear Prospective Student Athlete and Parents/Guardians,

Thank you for your interest in the North Allegheny middle school track and field team! We have an extremely knowledgeable and passionate staff that is looking forward to working with you this Spring. Our first day of tryouts/practice is on Monday, March 8th. In the past, we have welcomed all student-athletes willing to commit to our team. Due to health and safety guidelines this year, we will not be able to have a team as large as we have had in the past. Depending on the number of athletes who register, there is a strong chance we will have to limit our roster size this year (similar to how the high school track and field team does each year). This handout along with any information regarding our team will be on our web site: <http://www.northallegheny.org/track>. If you have questions after reading this, please contact Coach Robertson at ERobertson@northallegheny.org and Coach Howell at whowell@northallegheny.org.

I. ATHLETIC PRE-PARTICIPATION REQUIREMENTS:

To participate, you need to complete the North Allegheny Athletic Pre-Participation Requirements. Please go to the Athletics Website (<http://athletics.northallegheny.org/>) and under the "For Athletes" tab select "Spring Sports Registration". To ensure eligibility on March 8th, please have these pre-participation requirements completed with the athletic office (at NASH) by **Monday, March 1st**. Please direct any questions about these above requirements to the **Athletic Office (724-934-7238)**.

II. Practice Information:

Team practices will begin on **Monday, March 8th**, and will run every day after school (unless there is a meet) until the season's conclusion on May 12th. Practices will take place at NAI's Track from 3:30-5:15. In-building CMS students will walk down to NAI at the conclusion of their school day and after changing into practice attire (on Hillvue Ln sidewalk). In-building MMS and IMS students will take the shuttle bus from their school. NACA and remote learning students should arrive at the NAI track no later than 3:30.

Practice attendance is **mandatory** each day (concerns in this regard should be addressed to Coach Robertson and Coach Howell). Attendance, participation and effort are expected of each athlete on a daily basis as long as they are attending school (virtually or in-person). We practice rain or shine, so come dressed and prepared to practice inside AND outside (layers)! This year, we will be spending the majority of practice (if not all of it) outside, so please wear dress warm (shorts and a t-shirt is not acceptable if the temperature is below 50 degrees). We coach athletes to compete in these events (3-4 events max per athlete per meet):

Track: 100m, 100/110 Hurdles, 200m, 400m, 800m, 1600m, 3200m, 400m Relay, 1600m Relay
Field: High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus

III. Meets and Invitationals:

To the right is a tentative meet and invitational schedule. Not all student-athletes will be able to compete at the invitationals due limited entries. The invitational squads will be based on performance data.

If you would like to increase your odds of being an elite track and field athlete and staying injury-free, we strongly recommend that you engage in at least 45 minutes of physical activity 3-5 days a week leading up to the start of the season. Playing video games does not count as physical activity. We have a talented and excited coaching staff that is looking forward to working with you this Spring! If you have any questions, please do not hesitate to contact us. Thank you and go tigers!

Best regards,

E. J. Robertson (ERobertson@northallegheny.org)

Bill Howell (whowell@northallegheny.org)

2020-2021 Track Middle School Schedule

Date	Time	Opponent
Mon, 3/29/2021	4:00pm	NORTH HILLS
Thu, 4/8/2021	4:00pm	WOODLAND HILLS
Tue, 4/13/2021	3:30pm	@ Pine-Richland w/ Shaler & Woodland Hills
Thu, 4/15/2021	4:00pm	FOX CHAPEL W/ HAMPTON & WOODLAND HILLS
Tue, 4/20/2021	4:00pm	@ Seneca Valley
Thu, 4/22/2021	4:00pm	HIGHLANDS
Thu, 4/29/2021	3:30pm	@ Mars Invitational
Mon, 5/3/2021	3:30pm	@ Seneca Valley Relays
Thu, 5/6/2021	4:00pm	NA INVITATIONAL
Sat, 5/8/2021	10:30am	@ Butler Invitational
Tue, 5/11/2021	4:00pm	BUTLER