

2022 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 practice is on Monday, March 7th. There are NO tryouts for middle school track and field, however, we do expect a commitment from each team member and there will be a limited number of student-athletes that travel to away meets and invitationals. 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 Kleber at mkleber@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 7th, please have these pre-participation requirements completed with the athletic office (at NASH) by **Friday, February 25th**. 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 7th**, 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 Kleber). Attendance, participation and effort are expected of each athlete on a daily basis, as long as they are attending school. 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 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)

Mike Kleber (MKleber@northallegheny.org)

2021-2022 Track Middle School Schedule

Date	Time	Opponent
Tue, 3/29/2022	3:30pm	@ North Hills
Thu, 4/7/2022	4:00pm	MARS W/ WOODLAND HILLS
Mon, 4/11/2022	3:45pm	@ Hampton w/ Woodland Hills
Wed, 4/13/2022	4:00pm	PINE-RICHLAND W/ SHALER
Wed, 4/20/2022	4:00pm	SENECA VALLEY
Mon, 4/25/2022	3:45pm	@ Fox Chapel w/ Highlands
Thu, 4/28/2022	2:00pm	@ Mars Invitational
Mon, 5/2/2022	4:00pm	@ Seneca Valley Relays
Thu, 5/5/2022	3:30pm	NA INVITATIONAL
Tue, 5/10/2022	3:45pm	@ Butler
Thu, 5/12/2022	2:30pm	@ Butler Invitational