

North Allegheny Middle School Track and Field - 2022



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 Wednesday, March 16th (5:20-6:30) in the NAI Cafeteria. If you are new to the program, we encourage you to attend.
2. Our season begins on Monday, March 7th and will continue until our last meet on Friday, May 13th. There will be a pizza party at the end of the season (official date to be announced). Practice will take place at NAI's Track from 3:30-5:15. If the weather is cold or it is raining, we will meet initially in the upper gym, otherwise we will meet on the NAI field (students will walk the track until practice begins). 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 are 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 roster reductions 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 have as many people as possible participate in competitions. 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):

Home Team	Everybody will compete in home dual meets held at the NAI track.
Traveling Team	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.
Invitational Team	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.

* Because our last home meet is scheduled for April 20th, student-athletes who have not been selected for the traveling team will NOT be required to continue with the team beyond this point. Those who want to continue their season will be encouraged to and we will have an opportunity to improve on their meet performances with an inter-squad meet near the end of the season.

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, student will get out of school early and *typically return to NAI* 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) **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 Kleber (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. For team announcements and communications, we will be using email and the Remind app (see sign-up links on the back). Once our final roster is established will primarily use Remind for updates. Important handouts, meet information, absence form, twitter postings, etc. will be posted on our web site: www.northallegheny.org/track. The site will include the Twitter feed of Coach Robertson, who will provide individual and team highlights throughout the season. You can follow him [@natrackcoach](https://twitter.com/natrackcoach) if you have a twitter account or just check the twitter feed on our website or <https://twitter.com/natrackcoach>.

Sign-up for your respective Remind class:

7 th grade girls (and family): https://www.remind.com/join/namstf7g	7 th grade boys (and family): https://www.remind.com/join/namstf7b
8 th grade girls (and family): https://www.remind.com/join/namstf8g	8 th grade boys (and family): https://www.remind.com/join/namstf8b

Meet Information

The track events run according to the following chronologic order:

- | | | |
|--------------------------|------------------------|--------------------------|
| 1. 3200m Relay (4x800m)* | 5. 400m Relay (4x100m) | 9. 200m |
| 2. 100/110m Hurdles | 6. 400m | 10. 3200m |
| 3. 100m | 7. 300m Hurdles* | 11. 1600m Relay (4x400m) |
| 4. 1600m | 8. 800m | |

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

* May not happen at all meets

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 (**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!!

2022 Middle School Track and Field Schedule

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

Michael Kleber (MMS)
mkleber@northallegheny.org

Away Team Only (4)
Whole Team (3)
Invitational Selections Only (4)

Date	Time	Opponent	Location
Tuesday, March 29 th	3:30	@ North Hills	Martorelli Stadium
Wednesday, April 6th	4:00	Pine Richland	Home (NAI)
Thursday, April 7th	4:00	Mars w/ Woodland Hills	Home (NAI)
Monday, April 11 th	3:45	@ Hampton w/ Woodland Hills	Hampton HS Fridley Stadium
Wednesday, April 20th	4:00	Seneca Valley w/ Shaler	Home (NAI)
Monday, April 25 th	3:45	@ Fox Chapel w/ Highlands	Dorseyville Middle School
Thursday, April 28 th	2:00	@ Mars Invitational	Mars Athletic Complex
Monday, May 2 nd	4:00	@ Seneca Valley Relays	NexTier Stadium
Thursday, May 5 th	3:30	@ NA Invitational	Home @ NAI
Tuesday, May 10 th	3:45	@ Butler	Butler HS Stadium
Friday, May 13 th	2:30	@ Butler Invitational	Butler HS Stadium