

# 2023 NORTH ALLEGHENY MIDDLE SCHOOL TRACK & FIELD



**To All Prospective Middle School NATF Student Athletes and Parents/Guardians,**

As a coaching staff, we are thrilled you are interested in joining our team and we are very excited to get the season underway! The purpose of this email is to provide information on registration and tryouts. Our first day of tryouts/practice is on Monday, March 6<sup>th</sup>. This handout along with any information regarding our team will be on our website: <http://www.northallegheny.org/track>. If you have questions after reading this, please contact Coach Robertson at [erobertson@northallegheny.org](mailto:erobertson@northallegheny.org) and Coach Yon at [jyon@northallegheny.org](mailto:jyon@northallegheny.org).

## **ATHLETIC PRE-PARTICIPATION REQUIREMENTS:**

Our first day of tryouts/practice is on Monday, March 6<sup>th</sup>. To be eligible to participate in the tryouts, you need to complete the North Allegheny Athletic Pre-Participation Requirements **by Friday, February 24<sup>th</sup>**. Please go to the Athletics Website (<http://athletics.northallegheny.org/>) and under the "For Athletes" (or "Spring Sports") tab select "Spring Sports Registration" (<https://athletics.northallegheny.org/spring/spring-sports-registration/>). Please direct any questions about these above requirements to the **Athletic Office (724-934-7238)**.

## **TRYOUT SCHEDULE:**

All tryouts and practices will take place at the NAI track from 3:30 to 5:15. There will be an afterschool shuttle bus that takes IMS and MMS students to NAI (CMS students will walk down Hillvue Ln on the sidewalk). On March 6-8, we will practice to prepare for tryouts held on March 9<sup>th</sup>, 10<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup>. We will do our best to give student-athletes as many opportunities to make the standards (see below) in the time that we have. We recognize that early March can be a difficult time of year weather wise. We may adjust the tryout schedule below in cases of inclement weather for safety.

**March 9-10 (running only events):** 100, 200, 400, 800, 1600 and 3200

**March 13-14 (hurdles and field events):** hurdles, high jump, long jump, triple jump, pole vault, shot put and discus

## **TRYOUT STANDARDS:**

Everyone who achieves a performance mark at or better than the standards listed below will be on the team. Only one standard needs to be met to make the team. Once you have made a standard to be on the team, you are not limited to only participating in that qualifying event. Once the tryouts have ended, we will see how many student-athletes have made the standard in each event. If any of the events have a less than adequate number of athletes who made the standard, we may adjust the standard to take on more athletes in that one event so that we have a more complete team. For example, if we do not have enough female high jump athletes jump over the 3'8" standard, we could adjust the standard to 3'6" if doing so would get the desired number of athletes in that event. **We do not expect to adjust any of the standards below** (so you should not expect this either), but we wanted to be transparent regarding that possibility. Under no circumstance will these standards be adjusted to be more difficult than what is listed below.

	<b>Girls</b>	<b>Boys</b>
<b>100</b>	16.0	14.5
<b>100/110 Hurdles</b>	23.5	23.3
<b>200</b>	35.0	31.0
<b>400</b>	82.0	73.0
<b>800</b>	3:25	3:08
<b>1600</b>	7:30	6:45
<b>3200</b>	17:00	15:10
<b>High Jump</b>	3-8	4-0
<b>Long Jump</b>	10-0	12-0
<b>Triple Jump</b>	21-0	25-0
<b>Pole Vault</b>	4-6	5-0
<b>Shot Put</b>	18-0	20-0
<b>Discus</b>	40-0	45-0

If you would like to increase your odds of making the standard and staying injury-free during the season, 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. We have an expert and passionate 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,

E. J. Robertson and Jolene Yon