

# ARLINGTON TRACK & FIELD

## Team Philosophy

- Welcome to Arlington Track and Field 2025
  - This informational packet contains team policies, team contact information, expectations and a calendar.
  - We believe in hard work, dedication to the sport and the team, academic focus and responsibility.

### Try-Outs Days 1-4

- Be at tryouts on time
- Work to your highest potential
- Must be able to complete full warmup as given by coaches
- Must be able to complete entire workout
- Positive attitude

After the 4th day if anyone is not meeting these parameters they will be spoken to by the coaching staff and will not be on the team this season.

Other athletes may be let go from the team at any point if they stop meeting their commitment to the team and fail to put in daily effort

- Arlington's Track Program prepares athletes for varsity competition!
    - Practices are extremely important for the individual athletes and the team as a whole.
    - Missing practices and/or giving less than your best effort will not be accepted!
  - **MANDATORY MEETS:**
    - League Championship April 28th & 29th at Arlington from 4pm -8pm
    - Northern Counties Championship at Pawling Friday May 16th 4pm- 7pm (Pentathlon and Steeplechase only) and Arlington Saturday May 17th 8am-3pm (All other events)
    - Class AA Championship at Arlington (for all that qualify) Saturday May 31st 9am-3pm
- \*\*\*If you CAN NOT commit to attending these meets you should *NOT* join the team this year!**

This is a team sport and we require these three meets for ALL athletes

\*\* Individuals with an event such as a school music concert or being a bridesmaid in your sister's wedding will be considered for excused absences on an individual basis and should be brought to the attention of the coaches at the beginning of the season!

## Communication

- All important information, updates and daily team reminders will be communicated in person and on sportYou. This includes meet day information and bus times.
- sportsYou is an app that allows for both athletes and parents to receive important team information.
- TO SIGN UP
  - Download the sportYou app to your phone
  - When prompted enter team code: 7ZVRXLKG
  - Fill-in all necessary information and set notification settings

## The Sport

- **We are not a hobby, club or activity so if you are thinking of joining just because your friend is doing it or for socialization this is not the team for you. You will be expected to train hard!**
- Track and Field is a unique sport with a variety of field events including throws (javelin, shot put, hammer and discus) and jumps (high, long, and triple, pole vault) Sprint and Distance events range from 100m to 3200m.  
\*NOTE\* Throwing events and pole vault are very technical events. At the coaches' discretion the number of athletes in these events may be limited as deemed appropriate.
- Some meets have multiple levels (Frosh/Soph, JV and Varsity).
- REMEMBER this is a TEAM SPORT and although at times it stresses individual performance and improvement, we compete together and everyone's attendance and hard work each day is very important.

## Running Gear and Equipment

- **Running Sneakers:** REQUIRED! You must have proper footwear to practice and compete. Proper running shoes will not only help with training, but prevent injury. Most runners require new shoes every 6 months. If the padding in the shoe is no longer providing any cushion, you need new shoes.
  - See a coach if this is an issue; we will work things out
- **Appropriate clothes for the weather:**
  - Spring may range from 20-90 degreesF.
  - Be prepared for all types of weather, temperatures and workouts.
  - Have water to stay hydrated!
- **Watch**
  - During workouts you will need to time yourself or your group. We have a few stopwatches but a watch is ideal!
- **Uniforms**
  - All athletes will be issued a school uniform TOP that you must have at ALL MEETS
  - ALL ATHLETES MUST PURCHASE THEIR OWN BLACK BOTTOMS FOR COMPETITION!!
    - They must be BLACK
    - Girls Leggings, spandex shorts or running shorts
    - Gentleman- the preference by the coaching staff is black running shorts and athletes can wear spandex underneath if they choose

## Academics

- Each athlete is a student FIRST and all academics are given priority over sports.
- If you are academically ineligible you will be placed in an academic study hall with mandatory attendance or you will not compete until your grades meet the school standards. NO EXCEPTIONS!
- School work must be taken seriously! Stay ahead in your responsibilities and respect your teachers. Your behavior in class is a reflection on the team!

## Practice Schedule and Expectations

- Practices are mandatory.
- Practices are Monday-Saturday
- M-F Runners and Jumpers 2:45-4:30 pm
- M-F Throwers 4-5:30pm  
(some days you may be asked to stay later to lift which will be communicated ahead of time)
- Saturday practice times may vary and will be communicated at the beginning of the week when possible usually 8-10 or 10-12 AM
- Make sure you have a ride home and plan accordingly to our schedule!
  - There are NOT after school activity buses
- Missing more than 3 practices for unexcused reasons **may result in dismissal from the team.**
  - Excused absences include: individual illness (absent from school), other school activities (ex. music, drivers ed, math league). Go to clubs and HUSTLE outside! We still expect you to be at practice and COMPLETE the workout for that day!
  - When appropriate, all school activities should be brought to the attention of the coaching staff prior to the event.
  - After a missed practice, athletes are expected to ***bring a note with the reason for the absences. This does not guarantee it is excused.***
- Outside sports are not an acceptable or excused absence. I.E. You should not say I can't come to track practice because I have to go to (insert sport here) practice.
- We recognize many athletes are involved in a lot of activities and will try to work with underclassmen as much as possible to balance their responsibilities while still meeting team expectations. Upperclassmen are required to show full commitment to the team.
- Athletes staying after school for a club or extra help should come out to practice immediately following their conclusion with a pass. We want you to stay and get help!! Just get out to practice ASAP when done.
- Athletes are NOT allowed in the weight room or core room without a coach!

## Track Meets

- Attached is a **tentative** schedule of our meets for the season.
- You are expected to be at all meets which you qualify for.
- We will compete as a team at many meets including the League, County and Class AA championships. THESE ARE MANDATORY MEETS!!!! If you can not attend one of these meets please see the coaches ASAP to determine whether you should join the team this season.
- **All upperclassman are required to attend ALL meets they qualify for**
- **Underclassman are also required to attend all team meets (league, counties, class AA) and any other meets you may need to miss you are required to get advance clearance from the coaching staff with a written note from a parent/guardian**
- We work as a team, we compete as a team! IF you can't make these meets, you should not join our program as you will let your teammates down if you aren't there!
- Valuables
  - We are not responsible for anything lost or stolen at practices or meets

# Spring Track Schedule 2025

<b>Meet</b>	<b>Date</b>	<b>Location</b>	<b>Time</b>	<b>Bus Time</b>
Dual Meet	Thursday March 27th	John Jay HS	4:15pm	2:30pm
Dual Meet	Monday April 7th	Arlington HS	4:15PM	N/A
<i>Niskayuna Spring Classic**</i>	<i>Saturday April 12th</i>	<i>Niskayuna HS</i>	<i>9:15AM</i>	<i>6:15AM</i>
Gander Invitational	Tuesday April 15th	Rondout Valley High School	10 AM	7:30 AM
Hen Hud Field Fest (Field Events and SteepleChase only)	Wednesday April 16th	Hendrick Hudson	TBD	
<b>League Championship</b>	Monday April 28th	Arlington HS	4:00pm- 7:00pm	
<b>League Championship</b>	Tuesday April 29th	Arlington HS	4:00pm-7:00pm	
Somers Lions Invitational	Friday May 2nd	Somers HS	4:00pm	2:30PM
Somers Lions Invitational	Saturday May 3rd	Somers HS	9:00AM	7:00AM
<i>Loucks Games**</i>	<i>Thursday May 8th- Saturday May 10th</i>	<i>White Plains HS</i>	<i>TBD</i>	
<b>Counties Championship</b> <b>*Steeple and Pent at Pawling</b>	<b>Friday May 16th</b>	<b>Pawling HS</b>	<b>4:15PM</b>	<b>2:30</b>
<b>Counties Championship</b>	Saturday May 17th	Arlington	9:00AM (Meet will go until 3:30pm)	
<b><u>Class AA Championship</u></b>	Saturday May 31st	Arlington HS	9am	
<b>Rain Date:</b> Sunday, June 1, 2024				
Class AA Steeplechase	Tuesday May 27th	Hendrick Hudson	2:30pm	5:00pm
Hammer Jav and Walk Championship	TBD	Hendrick Hudson		
<u>State Qualifier</u>	Thursday June 5th	AHS	5:00PM	
<u>State Qualifier</u>	Friday June 6th	Suffern	5:00PM	1:00PM
<u>State Championship</u>	Friday June 13th- Saturday June 14th	Middletown HS		

\*\* - limited entry- not everyone will go but all should be prepared to go  
 Championships- TEAM SCORING  
 Underlined- Must Qualify for

## Coaches

Steve Arnett	(Distance)	<a href="mailto:mrxc11@yahoo.com">mrxc11@yahoo.com</a>	(845)625-3688
Megan Murphy	(Sprints/ Jumps)	<a href="mailto:mmurphy@acsdny.org">mmurphy@acsdny.org</a>	(914)443-9891
Beth Canevari	(Sprints/ Hurdles)	<a href="mailto:elizabethcanevari@gmail.com">elizabethcanevari@gmail.com</a>	(914)414-9187
Hannah Jackson	(Throws)	<a href="mailto:hpi3010@gmail.com">hpi3010@gmail.com</a>	(914)715-1383
Katie Matott	(Sprints/ PV/HJ)	<a href="mailto:kmatott1@acsdny.org">kmatott1@acsdny.org</a>	

**If you will miss because of the items below please notify coaches with a note ASAP**

Spring Break April 12-21- There will be practice

Music in the Parks May 2nd-3rd SATs May 3rd and June 7th

**Senior Trip to Hershey Saturday May 17th- COUNTIES**

PLEASE SIGN AND RETURN

**We hereby acknowledge receipt of and pledge to abide by the team rules as presented.**

We understand that technical area placement is subject to be limited by coaches.

Athlete's Name\_\_\_\_\_Date\_\_\_\_\_

Athlete's Signature\_\_\_\_\_

Parent/Guardian(s) Name\_\_\_\_\_Date\_\_\_\_\_

Parent/Guardian Signature (s) \_\_\_\_\_

Parent/Guardian(s) Contact Number\_\_\_\_\_

Parent/ Guardian(s) Contact Email\_\_\_\_\_

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Questions/ Concerns/ Comments:

ARLINGTON SPRING TRACK 2025