



ARLINGTON ADMIRALS

TRACK & FIELD

Team Philosophy

- Welcome to Arlington Track and Field 2023
 - 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.
 - 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 May 1st and 2nd at Arlington from 4pm -8pm
 - Northern Counties Championship at Arlington Saturday May 20th 8am-3pm
 - Class AA Championship at Arlington (for all that qualify) Friday May 26th 2pm-8pm
- ***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 sisters 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.
 - We ask all individual issues, concerns, etc be addressed with the coaches via text, phone or in person and NOT via this app
- 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

- 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.) 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.

- Each meet is different and allows for individual as well as team success. An athlete's training will prepare them for competition.
- 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.
- **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!**

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.
- **Water**
 - It is imperative 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
 - You must have it at all meets
 - Girls can purchase or can buy their own black spandex.
 - Boys must wear school issued shorts, but may wear spandex underneath

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 complete 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-Friday 2:45-4:45pm** (Some groups may finish earlier, or be asked to stay late to lift. Please see main area(Throws, Distance, Sprints (Jumps)) coach to know the expectation). Saturday practice times may vary and will be communicated at the beginning of the week when possible.
- Make sure you have a ride home and plan accordingly to our schedule!
- IF you must take the late bus on occasion you **MUST** get out to practice ASAP to get the day's practice completed before you take the bus! This is not the preferred method of transportation as you will not be at the entire practice. We will try to make it work when we can. Please see Coach Murphy ASAP if you know this will affect you!!
- Missing more than 3 practices for unexcused reasons **may result in dismissal from the team.**
- Excused absences include: individual illness, family emergency, other school activities (ex. music, drivers ed, math league). Go to clubs and HUSTLE outside! We still expect you to be at practice.
- 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.*
- 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.
- 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!

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- **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.
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- **Appropriate clothes for the weather:**
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- **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
 - You must have it at all meets
 - Girls can purchase or can buy their own black spandex.
 - They may not have any logo on the shorts or the waste band.
 - See coaches with questions
- **Valuables**
 - We are not responsible for anything lost or stolen at practices or meets
 - Leave things you can afford to lose at home!

Academics

- Each athlete is a student FIRST and all academics are given priority over sports.
- If you are academically ineligible you may 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!

Coaches

Steve Arnett	(Distance)	mrxc11@yahoo.com	(845)625-3688 (cell) (845)266-5081 (home)
Megan Murphy	(Sprints/ Jumps)	mmurphy@acsdeny.org	(914)443-9891
Beth Canevari	(Sprints/ Hurdles)	elizabethcanevari@gmail.com	(914)414-9187
TBD	(Throws)		

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_____

Questions/ Concerns/ Comments: