

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
3	<b>4</b> <b>The first day of practice!!</b> 3:30 in gym for attendance and plyos/conditioning etc. Indoor practice only.	<b>5</b> <b>Attendance room 112</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>6</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>7</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>8</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	9	
10	Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30  <b>Handing out uniforms/spikes at 4:45 in Mr. Benner's room</b>	<b>11</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30  <b>Hand out uniforms/spikes to people who were absent</b>	<b>12</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30  <b>Pictures at 3:30 with Stacey Snyder</b>  Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>13</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>14</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>15</b> Act 80 Day – NO School	16
17	Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>18</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>19</b> <b>Track scrimmage @ West Perry</b> Class dismissal @ 2:15 Bus departs @ 2:30 Meets starts @ 3:45 <b>*Pack food/All-weather/short spikes</b>	<b>20</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>21</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>22</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	23
24	Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>25</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>26</b> <b>Track meet @ Mount Union</b> Class dismissal @ 1:45 Bus departs @ 2:00 Meet starts @ 3:45 <b>*** All-weather/short spikes</b> <b>**We will be stopping to eat at Burger King so please bring money**</b>	<b>27</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>28</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>29</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	30
31							

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>2</b> <b>Track meet at Greenwood</b> Class dismissal@2:30 Bus departs@ 2:45 Meets starts @4:00 <b>** Long spikes today!</b> Pack food/eat at concession stand</p>	<p><b>3</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>4</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>5</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>9</b> <b>Track Meet @ Susquenita</b> Class dismissal @ 2:15 Bus departs @ 2:30  Meet starts @ 4:00***all-weather short spikes  Pack food/eat at concession stand</p>	<p><b>10</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>11</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>12</b> <b>Sterling Hoffman Invitational @ Tulpehocken</b> <b>IF YOU EAT LUNCH C: Pack your lunch!!</b> Bus departs @12:45 Meet starts @ 3:30 ***all weather spikes Pack/concession stand</p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>16</b> <b>Track meet at Juniata</b> Class dismissal@ 2:25 Bus departs@ 2:40 Meets starts @4:00 <b>** Long spikes today!</b> Pack food/eat at concession stand</p>	<p><b>17</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>18</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>19</b> <b>OFF—NO SCHOOL</b></p>	<p><b>20</b> <b>Shippensburg Invitational</b> (qualifying athletes only) Van/bus departs? Riding with parents? *** all-weather/short spikes Pack/concession stand food</p>
<p><b>21</b></p>	<p><b>22</b> OFF OR  Snow makeup day Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>23</b> <b>Home track meet with Upper Dauphin</b>  Meets starts at 4:00  <b>** Long spikes today!</b></p>	<p><b>24</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>25</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>26</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30</p>	<p><b>30</b> <b>Home track meet with Millersburg</b>  Meets starts at 4:00 <b>** Long spikes today!</b></p>				

◀ April

# May 2019

June ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>2</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>3</b> Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	<b>4</b>
<b>5</b>	<b>6</b> Track meet @ Penn's Valley  Class dismissal @ 1:30 Bus departs @ 1:45 Meet starts @ 4:00 <b>*** All-weather/short spikes</b>  Pack/eat at concession stand	<b>7</b> Ice cream before TVL? Easy workout.  Activity/bus ride home by 5:00 today	<b>8</b> Tri Valley League Meet  Class dismissal @1:15 Bus departs @1:30 Meet starts @3:30 <b>*** All-weather/short spikes</b>  Pack/eat at concession	<b>9</b> OFF - NO PRACTICE TODAY!  <b>***For those not running in districts - start turning in your uniforms! Uniforms must be turned in no later than Wednesday, May 16th!!</b>	<b>10</b> Briefly meet with district qualifiers to discuss workout routine for weekend/next week	<b>11</b>
<b>12</b>	<b>13</b> District qualifier workout only from 3:30 to 4:30	<b>14</b> District qualifier workout only from 3:30 to 4:30	<b>15</b> <b>UNIFORMS DUE! TURN IN YOUR UNIFORMS BY TODAY!!</b>  District qualifier workout only from 3:30 to 4:30	<b>16</b> District Track Meet at Williamsport. Time 6:00p.m.?? or TBD.	<b>17</b> District qualifier workout only from 3:30 to 4:30	<b>18</b> District Track Meet at Williamsport. Time TBD.
<b>19</b>	<b>20</b> State qualifier workout only from 3:30 to 4:30	<b>21</b> State qualifier workout only from 3:30 to 4:30	<b>22</b> State qualifier workout only from 3:30 to 4:30	<b>23</b> State qualifier workout only from 3:30 to 4:30	<b>24</b> State Meet at Shippensburg	<b>25</b> State Meet at Shippensburg
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>

# Track Team 2019

Good News!! Track season is almost here!! The first practice will be held on **Monday, March 4th at 3:30 in the gym**. Don't be late! Attendance will be taken in the gym and then we'll get started.

All of the information/handouts/track practice and meet schedule, etc. can be also be found online at: <http://ejhstigers.com/> This is the East Juniata Athletics page. Go to Spring ---Track and Field---Boys/Girls Varsity. You'll see the schedule on this page. Find the tab labeled "Team Files" and the packet can be found there. Thanks!

Other than the first day, attendance will be taken in Mr. Benner's room (room 112). We won't be long – I'll take attendance, go over some announcements and then head outside, drills, etc.)

I would highly recommend that you do some running/lifting/plyometrics prior to the first practice. ☺

Treat everyone with respect: teammates, coaches and opponents.

Please make sure to turn in all of your forms.

The \$35 fee and the physical forms must turned in before you practice.

There is no sign in sheet...I'll be taking attendance in my room. See other handout for more details.

The Friday invitational on April 12th is not an optional meet. If you want a varsity letter you need to be prepared to go.

Practice will be starting at 3:30. Have a ride home/activity bus sign out by 5:30 most days. 5:15 other days. See other handout for more details.

Thanks! ☺

# Tiger Track & Field Team Information

- 1) Welcome to the greatest sport ever!! Have FUN and work hard. Our job is to push you to your limits and help you do better, but you will get out of track what you put into it. There is no bench in track; as long as you are academically eligible you will be able to compete ☺.
- 2) The information on this sheet along with a monthly practice/meet schedule and many other handouts, forms, etc. can also be found online! Share this with your parent/guardian. Please refer to the practice schedule and all other information that we give you. To find this online so that you can access this from your phone, mobile device, computer, etc. please go to: <http://ejhstigers.com/> This is the East Juniata Athletics page. Go to Spring ---Track and Field---Boys/Girls Varsity. You'll see the schedule on this page. Find the tab labeled "Team Files" and the packet can be found there. Thanks!
- 3) Permission to leave away meets (sign out sheet): instead of having a parent signing a note and handing it to one of the coaches in order to leave away track meets, we will be using a sign-out sheet that should be on a clipboard. One of the managers/scorekeepers should have this. All your parent/guardian has to do is sign next to your name on the sheet and you're good to go!
- 4) Your job is to work hard, have a good attitude and have fun. Our job is to help you become as good as you can get. Unfortunately, we do not pole vault. Sorry!
- 5) In-house coaches are Mr. Ritzman, Mr. Cameron, Mr. Brotzman & Mr. Benner. If there is anything we can help you with, let us know. We will do what we can. Person -- Student -- Athlete.
- 6) You will likely be asked to do something that you may not want to or you may not think that you'll enjoy. Please be willing to give it a try. We have a few experimental meets coming up but we won't ask you to try something that we don't think you will be good at. Don't worry if you don't know what you want to do -- we're here to help with that too. Don't get too excited if you don't find your "thing" right away. Sometimes it takes a while. Keep a positive attitude!
- 7) It's your responsibility to be at practice every night! If you can't be at practice then let me (or another coach who will be at practice to inform me) know ahead of time. **I will be taking attendance in a grade book at the beginning of every practice. You need to be here.** You will be allowed **one unexcused absence** for the year. That's your freebie! A second unexcused absence means you don't participate in the next track meet. Don't let your teammates down! A third unexcused absence means that you need to turn in your uniform.
- 8) If you are injured you still need to be here (if it's realistic) since you can still help the team and there are a lot of things you can do even if you can't run or throw.
- 9) Work schedule -- I realize that some of you may have to work throughout the track season. That's totally fine. Please make sure you give me your work schedule at least **one week ahead of time** if at all possible so there are no surprises for missed practices/meets. It is also important that I know if you need to leave practice early in order to get work. Let me know what time you will be leaving. This is especially important if you are a member of a relay team. Your attendance doesn't just impact you . . . it impacts others on the team as well. If you miss a practice or a meet because you are at work and I am not informed ahead of time, that will count as an unexcused absence. Please be responsible.
- 10) Doctor's appointments -- if you have some type of medical appointment after school, please make sure that you bring in a note from the doctor the next day to practice so that I can count it as an excused absence. A prom dress/tuxedo appointment or hair, nails appointment, etc. doesn't count. Sorry!

- 11) School absences -- if you are absent from school and it's a legal absence, that's totally fine. If you illegally skip school and don't come to practice, that's an **unexcused absence from track also**.
- 12) The 6th annual Sterling Hoffman Track & Field Invitational will be Friday, April 12th. We will be leaving school early to attend. This is a mandatory track meet and you need to be here in order to avoid an unexcused absence and in order to get a letter. Other than the Shippensburg Invitational, (and that's by special invitation only -- not mandatory for entire team) there will be no other Saturday meets other than perhaps districts/states. Woohoo! Relax on your Saturdays off!
- 13) Jewelry is okay this year. Socks are not part of the uniform.
- 14) We will start practice at **3:30** and end practice **around 5:15**. Be on time. Don't be late to school (if you are late getting to school, and it's not excused you can't practice and that will count as an unexcused absence from practice )
- 15) If we cancel practice or make it an optional practice, we will let you know via the announcements at the end of the day so you know to take the bus home, etc.
- 16) Activity bus and getting picked up from school: Practice will end around 5:15 so make sure you sign up for the activity bus at 5:30. Please make sure that you have a ride home by 5:30 if you don't drive! Make arrangements to be picked up between 5:15 and 5:30 or you otherwise have a way to get home. If we know that we will have a shorter practice, we'll tell you ahead of time. Please don't expect the coaches to wait around for you until you have a ride home if it's after 5:30. That's your responsibility to have a ride home and we're letting you know this before the season even starts. Thanks!
- 17) Getting picked up after track meets: Please make arrangements to have a ride ready to take you home directly after track meets. We'll tell you to call ahead while we are on the bus ride home. Please do this. Please don't expect coaches to wait around for you until you have a ride home after a late track meet. That's your responsibility to have a ride home and we're letting you know this before the season even starts. Thanks again! ☺
- 18) We will not be stopping to eat after meets as often as we have in the past. Therefore, please make sure you bring money for the concession stand to eat at the track meet (this is helpful for schools to raise money anyway!) or bring food with you on the bus to eat on the way back. Just a heads up.
- 19) Smoking, vaping, drinking alcohol, chewing or doing drugs of any kind are a violation of team rules. If you do and we find out, track is over.
- 20) We will practice every day after school. Always be prepared to go outside. Hats and gloves and a jacket are good things. We may practice inside, but don't depend on it.
- 21) If you are academically ineligible to practice, spend practice time to regain eligibility. We want you back!! This also impacts your teammates so do your best.
- 22) We expect you to act like ladies and gentlemen in school, on the track and anywhere else. Don't let us down.
- 23) You are responsible for your own track spikes and shoes. We will supply the actual spikes.
- 24) Violation of team rules can result in loss of a letter or removal from the team.
- 25) Clothing sale -- Depending upon interest, we may have one in a few weeks. Let me know if you're interested

- 26) Trainer passes: if you need to get out of class early (15 minutes prior to dismissal time) in order to see the trainer **for away meet only**, please make sure you have the trainer pass (in your packet) signed **the day before the meet** and let your teacher know ASAP. It will be up to the discretion of the teacher if they agree to let you out of class, even if you have the pass signed when you show them. Remember: student first, THEN you're an athlete second. Thanks!
- 27) The coaches reserve the right to hand out punishment up to and including removal from the team for infractions not listed above. Coaches also reserve the right to not award a letter for infractions not listed above based upon the coach's discretion (poor attitude, poor attendance, not a good teammate etc. even if the athlete has the prerequisite number of points [30] to qualify for a letter). Coaches also reserve the right to award letters for extraordinary participation even without the prerequisite number of points based upon the situation.
- ☺

A friendly note from the custodians, the administration, and the coaches:

Please do NOT wear your spikes inside the building on the floors. BAD BAD idea. It damages the floors and your spikes.

Please do NOT track large quantities of mud inside the building (remove your spikes/shoes before entering the building if they are super muddy).

400 meter lunges are NOT a fun reminder. . . just saying. Please use some common sense. Thanks! ☺

\*\*\*Please use the green trainer passes found in your packet (they are not online because you can't print them out unless you have green paper) or the green passes that the trainer will provide to you in order to get out of class 15 minutes before the track dismissal time. These passes will be used for away meets only. Hand them to your teacher before going to see the trainer. For home meets and practices, try to see the trainer right after school and before the meet/practice starts. If there are other extenuating circumstances, please let me know. Thanks!

A friendly reminder from your teachers:

You are responsible for missed quizzes, tests, homework, projects, etc. that you miss when you're gone for track meets. Be prepared to take the missed tests, etc. or turn in your missed assignments, etc. the very next day in class. Teachers such as Mr. Shoop will often have his lectures posted online. If you have any questions, see your teachers before leaving for the track meet. Thank you.



## Order of Events East Juniata

4:00 – 5:15ish Open Long and Triple Jump Pit - Boys and Girls

4:00 –Boys High Jump followed by Girls

Girls Javelin followed by Boys

Boys Shot Put followed by Girls

After Boys Javelin Girls Discus will be followed by Boys Discus

Please note: We will limit the number of participants in the jumping events and throwing events to 6 competitors. There will be no limits on the number of participants who can compete in the running events. There will be no pole vault at East Juniata either. Thanks!

Start at 4:00

3200 relay Girls and Boys

100 meter hurdles

110 meter hurdles

100 meter dash Girls

100 meter dash Boys

1600 meter run – Girls and Boys

400 relay – Girls

400 relay – Boys

400 meter dash – Girls

400 meter dash – Boys

300 hurdles – Girls

300 hurdles – Boys

800 meter run – Girls

800 meter run – Boys

200 meter dash – Girls

200 meter dash – Boys

3200 meter run – Girls and Boys

1600 relay – Girls

1600 relay - Boys

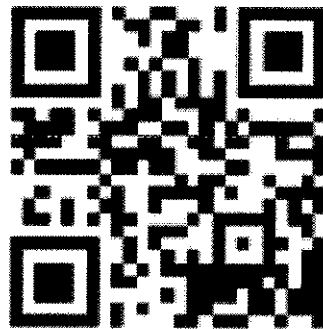
**ATTENTION  
EAST JUNIATA AND JUNIATA STUDENT-ATHLETES**

**All student-athletes must complete the NFHS Hazing Prevention for Students Course.**

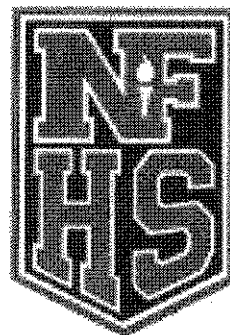
This course is online and free.

1. Go to the following website or use QR Code.

<https://nfhslearn.com/courses/61125/hazing-prevention-for-students>



2. Register Using school or personal email.
3. Select Pennsylvania.
4. The cost is \$0.
5. View the Course Materials. Should take less than 30 minutes.
6. Download and Print the certificate and submit to your coach or with physical packet.



# PIAA



Promote, Protect and Conserve...

## Emergency Card for Athletes

- Emergency card/authorization for each athlete must accompany the athlete at all times.
- The card for each athlete should be carried in the first-aid kit for each sport.
- The card for each athlete should be readily accessible to the Coach, athletic trainer, or emergency personnel.
- Prior to the start of each sport, the card for each athlete should be reviewed by the Coach/trainer/athletic director or any other medical personnel for completeness.
- Include emergency phone numbers or significant medical history.

*Please complete the information below prior to participation in each sports' season:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

*In case of accident or emergency, please contact:*

Parent's/Guardian's Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_

Secondary Emergency Contact Person's Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Telephone # ( ) \_\_\_\_\_

Medical Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

Family Physician's Name \_\_\_\_\_, MD or DO (circle one)

Address \_\_\_\_\_ Telephone # ( ) \_\_\_\_\_

Pre-Existing Circulatory/Pulmonary Conditions: \_\_\_\_\_

Diabetes: \_\_\_\_\_

Inhalers: \_\_\_\_\_

Allergies or Allergic Reactions: \_\_\_\_\_

Medications Being Used: \_\_\_\_\_

Have you ever had a concussion (i.e. bell rung, ding, head rush) or head injury? \_\_\_\_\_ Yes \_\_\_\_\_ No

Other Pertinent Information: \_\_\_\_\_

Permission to Treat: \_\_\_\_\_ Parent's/Guardian's Signature