

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

◀ Mar 2018

April 2018

May 2018 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	2 No school, Act 80 Day	3 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	4 Track meet at Juniata Class dismissal @ 2:25 Bus departs @ 2:40 Meets starts @ 4:00 ** Long spikes today! Pack food/eat at concession stand	5 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	6 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	7		
		9 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	10 Track Meet @ Susquehanna Class dismissal @ 2:15 Bus departs @ 2:30 Meet starts @ 4:00 ***all-weather short spikes Pack food/eat at concession stand	11 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	12 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	13 Sterling Hoffman Invitational @ Tulpehooken ***PSSA two hour delay bell schedule: Eat lunch A (12:11-12:36) Change clothes, get ready for meet between 12:36-12:50. Bus departs @ 12:50 Meet starts @ 3:30 ***all weather spikes Pack/concession stand	14	
		15 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	16 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	17 Home track meet with Greenwood Meets starts at 4:00 ** Long spikes today!	18 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	19 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	20 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	21 Shippensburg Invitational (qualifying athletes only) Vanbus departs? Riding with parents? *** all-weather/short spikes Pack/concession stand food
		22	23 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	24 Home track meet with Upper Dauphin Meets starts at 4:00 ** Long spikes today!	25 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	26 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	27 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30	28
29	30 Indoor/outdoor practice from 3:30 to 5:15 or so. Activity bus/ride home by 5:30							

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

Track Team 2018

Good News!! Track season is almost here!! The first practice will be held on **Monday, March 5th 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 Links" 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 13th 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.

A few rule clarifications for this year (same as 2017 season):

Implements should no longer be thrown back to the athlete

Video coaching during a meet is allowed in unrestricted areas or coaches boxes

Shorts under the uniform are not part of the uniform except for relays. Below the knee is not shorts

Socks don't matter.

Jewelry is actually okay. If you wear a med alert item, talk to me.

Exhibition is no more. If you compete, you can score.

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 Links" 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 5th annual Sterling Hoffman Track & Field Invitational will be Friday, April 13th. 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.

☺

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

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.



Anti-Hazing Agreement of Understanding for Juniata County School District Athletes

Team: _____

Coach: _____

JCSD Athletics states the following is considered hazing:

“Any action taken or situation created, intentionally, whether on or off school premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Such activities may include but are not limited to the following: creation of excess fatigue, morally degrading or humiliating games and activities, use of illegal substances, engaging in public stunts and buffoonery, and any other activities which are not consistent with academic or athletic achievement, team, school, and district policy, or law.”

- New members to any team are welcome and should be positively invited to participate.
- Hazing is not tolerated in any form as part of “initiation” or as acts of individual members of any team.

I have read and reviewed the Juniata County School District Hazing Policy with my coach and team. I understand that participating in or falsifying information regarding hazing will be subject to strict disciplinary action.

Athlete Signature and date

Coach's Signature and date

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

E.J. Track and Field Contact Information

Name: _____

Grade: _____

Age: _____

Parent/Guardian E-mail: _____

Home Address: _____

Telephone Number (s) of parent/guardian: _____

Person(s) to notify in case of emergency and their phone number (s) : _____

Events you are interested in participating in: _____

Goals for the Year/Comments:

2018 District IV Automatic Qualifying Marks

Event	AA Girls	AAA Girls	AA Boys	AAA Boys
4x800 Meter Relay	10:26.8	AUTO	9:03.5	AUTO
100 Meter Hurdles	17.04	17.41		
110 Meter Hurdles			16.82	17.08
100 Meter Dash	13.23	13.78	11.65	11.7
1600 Meter Run	5:34.7	5:46.6	4:44.4	4:52.2
4x100 Meter Relay	53.3	AUTO	46.6	AUTO
400 Meter Dash	1:03.2	1:07.3	53.4	55.5
300 IM Hurdles	50.9	53.6	43.9	44.44
800 Meter Run	2:31.4	2:37.1	2:06.5	2:11.5
200 Meter Dash	27.4	28.2	23.7	24.2
3200 Meter Run	12:30.4	12:42.5	10:26.6	10:46.5
4x400 Meter Relay	4:22.6	AUTO	3:42.3	AUTO
Long Jump	16-1	14-10	19-6	19-0
Triple Jump	33-0	31-0	39-1	38-8
High Jump	4-8	4-8	5-10	5-6
Pole Vault	8-6	8-0	11-6	10-6
Shot	32-0	30-0	41-0	40-0
Disc	93-6	90-6	120-0	122-0
Javelin	105-6	101	149-6	150-0

**2018 PIAA District IV
Track and Field Championships
Thursday, May 17th, 2018**

Track Events

6:30 PM	100m Dash (Prelim)	AA Girls-AA Boys
6:45	100m Hurdles (Prelim)	AA Girls
6:55	110m Hurdles (Prelim)	AA Boys
7:00	100m Dash (Semi-final)	*AAA Girls-AAA Boys-AA Girls-AA Boys
7:15	100m Hurdles (Semi-final)	*AAA Girls-AA Girls
7:25	110m hurdles (Semi-final)	*AAA Boys-AA Boys
7:35	4x800 Relay Final	AA Girls-AAA Girls-AA Boys-AAA Boys
8:20	200m Dash (Semi-final)	AA Girls-AAA Girls-AA Boys-AAA Boys

Field Events (Weigh-Ins 4:00 PM-5:30 PM)

6:00 PM	Long Jump	AA Boys	Followed By	Long Jump	AA Girls
	High Jump	AA Girls	Followed By	High Jump	AA Boys
	Triple Jump	AAA Boys	Followed By	Triple Jump	AAA Girls
	Shot Put	AAA Boys	Followed By	Shot Put	AA Boys
	Shot Put	AAA Girls	Followed By	Shot Put	AA Girls
	Javelin	AA Girls			
	Disc	AA Boys			

Saturday, May 19th, 2018

Track Events

10:00 AM	3200 Meter Run Final	AA Girls-AAA Girls-AA Boys-AAA Boys
11:00	100m Hurdle Final	AA Girls-AAA Girls
11:10	110m Hurdle Final	AA Boys-AAA Boys
11:20	100m Dash Final	AA Girls-AAA Girls-AA Boys-AAA Boys
11:30	1600m Run Final	AA Girls-AAA Girls-AA Boys-AAA Boys
12:00	LUNCH BREAK	
1:00	4x100m Relay Final	AA Girls-AAA Girls-AA Boys-AAA Boys
1:45	400m Dash	AA Girls-AAA Girls-AA Boys-AAA Boys
2:30	300m Hurdles	AA Girls-AAA Girls-AA Boys-AAA Boys
3:15	800m Run	AA Girls-AAA Girls-AA Boys-AAA Boys
3:45	200m Dash Final	AA Girls-AAA Girls-AA Boys-AAA Boys

*****30 MIN BREAK AT THE CONCLUSION OF THE 200 METER DASH TO ACCOMMODATE
200 METER FINALISTS RUNNING 4x400 RELAY*****

5:00 Aprox.	4x400m Relay Final	AA Girls-AAA Girls-AA Boys-AAA Boys
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Field Events (Weigh-Ins 7:30 AM-9:00 AM)

9:30 AM	Triple Jump	AA Boys	12:30 PM	Triple Jump	AA Girls
	Javelin	AAA Boys		High Jump	AAA Boys
	Long Jump	AAA Boys		Long Jump	AAA Girls
	Pole Vault	AA Girls		Javelin	AA Boys
	(Followed by	AAA Girls)		Pole Vault	AA Boys
	Discus	AAA Girls		(Followed by	AAA Boys)
	High Jump	AAA Girls		Discus	AA Girls
			3:30 PM	Javelin	AAA Girls
				Discus	AAA Boys