

# 2023 HCC Track and Field General Information

**HCC Track and Field** is a program that focuses on conditioning and developing familiarity with each event in track and field: sprinting, distance running, relays, high jump, long jump, turbo jav, hurdling, and shot put. Consistent attendance at practices is important for learning each event, keeping in shape and avoiding injury. The goals of the program are to:

- get outdoor exercise while having fun
- learn all of the track and field events

To serve as an example in meeting these goals, we are requesting that parents do not stand around or sit on the bleachers at practices. You are very welcome to stay for practices and can either socialize while walking laps on the track perimeter outside the fence, or you can hang out at one of the stations to watch and learn. Your help in setting an example of being active is very much appreciated!

## LOCATION

Practices and the meet will be held at the Juniata College Track at Knox Stadium

## WEATHER

We will practice rain or shine, but NOT if there is thunder or lightning

## ATTENDANCE and MEET ELIGIBILITY

An athlete must attend one practice per week in order to be eligible to participate in the intra-squad meet

## EQUIPMENT

- Footwear: Good running (not fashion) sneakers are a must
- Each participant needs to bring his/her own LABELED, reusable water bottle to practices and meets

## PARTICIPANT GROUPS

Practices and meet competitions are by grade and gender

Gazelle 7th and 8th grade

Jaguar 5th and 6th grade

Road Runner 3rd and 4th grade

## BEHAVIOR POLICY

- ALL athletes are expected to conduct themselves in a civil and respectful manner towards teammates and volunteers at practices and meets and to participate fully in the practices. The track program supervisors are volunteering their time for your children.
- ATHLETES acting in a rude and/or disrespectful manner will be given a warning about their behavior. After a second warning, a parent or guardian will be required to attend two practices with the athlete. If the behavior does not improve, the athlete will be dismissed from the program.

## VOLUNTEER REQUIREMENT

HCC track is only possible if we have sufficient volunteers to run the events and stations during practices and meets.

**We will need at least TEN volunteers to work the stations during practice.** No experience is required, but enthusiasm is. We will teach you what you need to know. Below are descriptions of each of the events.

**Throws**

shot put and turbo javelin

One volunteers per practice needed for each of the two throwing stations. Volunteers will oversee the throwing stations.

**Jumps**

long jump and high jump

One volunteers needed for each jumping station per practice. Volunteers will oversee the jumping stations at practices.

**Sprints**

100 M, 200 M, 400 M

One volunteer needed per practice to teach basics of sprinting events and to help kids with starting blocks.

**Distance**

800 M, 1600 M

At least one parent needed per practice to oversee the distance station and to run with the kids. This is a great way to get in shape, as it can involve running 12-16 laps (~3-4 miles) per practice.

**Relays**

Two volunteers needed per practice to teach handoffs, relay zones for the 4x100, and to organize practice relays.

**Hurdles**

One volunteer needed per practice to teach basics of hurdling

**Conditioning**

One volunteer to lead conditioning exercises

**Parachute Relays**

One volunteer to coordinate the parachute relay station

**Meet timers/measurers**

Seven timers and twelve measurers (minimum) needed to time and measure events at each of the four meets.

Questions? Call Jay Hosler at 814-641-3720 (work) or 814- 506-2664 (cell)

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