

# Hempfield Indoor Track and Field 2022-2023

**Practice Dates:** Nov. 29  
Dec. 1, 5, 6, 8, 12, 13, 15, 19, 20, 22  
Jan. 2, 3, 5, 9, 10, 12, 17, 19, 23, 24, 26, 30, 31  
Feb. 2, 6, 7, 9, 13, 14, 16

**Eligible Athletes:** Any 9<sup>th</sup> - 12<sup>th</sup> grade Hempfield students

## **Practices:**

Every **Monday, Tuesday, & Thursday** from 3:00 to 5:30 pm **at the Stadium Field House** – December thru Mid-February.

The name “Indoor Track and Field” is a bit misleading. We will mostly practice outside on our track and/or turf. We WILL be outside unless the school/coaches deem it necessary to move inside.

The athletes **MUST** be prepared for winter weather! **Layers of sweatpants, running tights, long sleeve tees, sweatshirts, gloves and hats are needed.** It’s always easier to peel off layers than to freeze without them! Muscles need to warm up and stay warm during workouts, so **proper attire is critical** to our workout plans!

In addition to running, our training will include weight lifting, body-weight exercises, technique work, and core strength building. These sessions will be held at our track, inside the high school weight room, or the LIC gym.

**Goals:** Prepare athletes for the rigors of outdoor track and field; stay in shape for outdoor T&F; improve strength, endurance, and event-specific skills.

If you have any questions, contact Coach Curt Rogers by email: [curt\\_rogers@hempfieldsd.org](mailto:curt_rogers@hempfieldsd.org)

**Meets:** We will get to a few meets, spaced-out through the season, to allow athletes to compete along with their weeks of training. Meets are on Weekends throughout the winter months. More details will be forthcoming!

## **Paperwork**

**Important information about the requirements can be found at this link:**

<https://www.hempfieldsd.org/Page/366>

**PIAA CIPPE Physical Form (Full physical OR Section 8 Recertification Form)**

**HHS Fall athletes need to log onto ATS app and complete the form for a winter sport and attach the Section 8 form (Physical Recertification)**

**No one can practice until the CIPPE Physical Forms and/or updates to the ATS app.**

**Additional forms will be handed out at practice**

**\*\*\* Join the Hempfield Track and Field Schoology Group – enter code 8XDP2-MPG8B**