

# Hempfield Winter (Indoor) Track and Field 2023-2024

**Practice Dates:** Nov. 28, 30  
Dec. 4, 5, 7, 11, 12, 14, 18, 19, 21  
Jan. 2, 4, 8, 9, 11, 16, 18, 22, 23, 25, 29, 30  
Feb. 1, 5, 6, 8, 12, 13, 15

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

## **Practices:**

Every **Monday, Tuesday, & Thursday** from 3:15 to 5:30 pm **at the Stadium Field House** – Late November 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; possibly compete in Indoor T&F Meets.

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 January and February. Inclusion in meets depends on attendance and performance at practices. There are 4 scheduled meets.

## **Paperwork**

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

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

- 1. PIAA CIPPE Physical Form (Full physical OR Section 8 Recertification Form)**
- 2. 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)**
- 3. NO ONE CAN PRACTICE until the CIPPE Physical Forms and/or updates to the ATS app.**
- 4. Additional forms will be handed out at practice**

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