

# 2019 Hempfield Track and Field Information

1. Required Paperwork – **MUST be handed in by 2/22**
  - a. Proof of Athletic Physical – PIAA CIPPE form **OR** Section 7 Recert. Form  
If on HEMPFIELD High team in fall or winter – One page Section 7 Recert. Form  
If no HS sport so far this school year, FULL PIAA CIPPE packet completed by a physician.
  - b. Policy/Insurance paper
  - c. Hazing Policy paper
  - d. Activity Fee envelope
  - e. Personal Information paper
2. Schedule – **Calendar on back of this paper**
  - a. First Day of Practice – Monday, March 4.
  - b. Practice lasts from 3:15-5:30, every day.
  - c. **First week - coaches will assess all athletes and make decision about who will stay on team.**
3. Basic Requirements to Join Team
  - a. All paperwork must be handed in on time.
  - b. All eligible team members must come into the season with basic flexibility, strength, and the ability to run training workouts. You must do workouts throughout February on your own to make sure you're ready for the beginning of the season.
  - c. All eligible team members must commit to the Hempfield Track and Field Team. Attendance at every practice and meet is **mandatory**. Other non-PIAA sports and any other school activities can not interfere with our training, practices and/or meets.
  - d. **You must have passing grades in your classes to participate on this team.**
  - e. A strong work ethic is expected.
4. Equipment
  - a. A pair of quality running/training shoes
  - b. Cold weather workout clothing. A hoodie, long sweatpants, gloves, and any "layering" clothing are needed. We will do most of our training and all our competing outside. You must be prepared.
  - c. For competition, you will need event-specific track and field shoes (running spikes or throwing/jumping shoes). Coaches will help direct new athletes to help determine needs.
  - d. Team uniforms will be issued after the roster for the team has been finalized.

Request to join the Hempfield Track and Field Schoology Group

(Access Code: **8XDP2-MPG8B**)

Follow us on Twitter - <https://twitter.com/hempfieldtrack>

Any questions, please contact head coach Curt Rogers -

[curt\\_rogers@hempfieldsd.org](mailto:curt_rogers@hempfieldsd.org)

**Please return all required paperwork to the Hempfield Athletic Office or Coaches Herr (Rm 209), Snyder (Rm 230), Zechman (Franklin Gym), or Mancuso (Science Office) by February 22.**