2023 Hempfield Track and Field Information

1. Required Paperwork – **MUST be handed in by 2/24**

   Proof of Athletic Physical – PIAA CIPPE form OR Section 8 Recert. Form
   1. If on HEMPFIELD High team in fall or winter – One page Section 8 Recert. Form
   2. If no HS sport so far this school year, FULL PIAA CIPPE packet completed by a physician.

   All athletes MUST be registered in the ATS system. If you were on an HHS fall or winter sport, simply update your information in the ATS app. If not, you need to register on the ATS app.

   **THIS MUST BE DONE TO BE ELIGIBLE TO PRACTICE!**

2. Schedule
   a. First Day of Practice – **Monday, March 6**, at the HHS stadium field house.
   b. Practice lasts from 3:15-5:30, every day. If you can’t commit to this, this team is not for you.
   c. **First week - coaches will assess all athletes and make decision about who will stay on team.**
   d. “Regular Meets” are on Mondays or Tuesdays. Usually all team members compete in these.
      “Invitational Meets” are mostly on weekends. Only qualifying team members compete in these.
   e. The **Black Knight Invitational (Sat. 4/15)** is a BIG meet that we host. All team members are expected to attend this meet. We also seek parent help to make this meet a success.

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-PIAА 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. All athletes must be prepared – every day.
   c. For competition, event-specific track and field shoes (running spikes or throwing/jumping shoes) are encouraged. 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**)

Any questions, please contact head coach Curt Rogers - curt_rogers@hempfieldsd.org

Please return all required paperwork to the Hempfield **Athletic Office** or Coach Snyder (Rm 230), or Coach Martin (Rm 167), by **February 24.**