

MHS GIRLS OUTDOOR TRACK & FIELD – 2024

3/18/24 Season Start

- **Sign-up! Must do it on-line.** Cannot participate until you sign-up.
 - <https://students.arbitersports.com/programs/spring-2024-athletic-registration-6>
 - Link also on MHS Athletics Page.

- Encourage friends to sign-up. Don't be afraid to try something new – 17 Events!

- **1st Practice** – Monday, March 18, 3:00 @ MHS Track
 - Be prepared to go outside every day. Have the proper clothing.
 - Be prepared for weather between 30° and 90°; sun & rain.
 - We practice until 4:30 (no problem if you have to leave for late bus).
 - Coaches will often remain after 4:30 to help with specific Field events.
 - Girls and boys practice/workout together; Coaches focus on specific events and will train both girls and boys.

- **Coaching Staff**

Girls Coach	Dave Marieni	dmarieni@mps-edu.org	Mid Distance, Jumps
Girls Coach	Ashlyn Maclure	amaclure@mps-edu.org	Sprints, Jumps
Boys Coach	Jim Rennie	jren48@gmail.com	Distance, Hurdles
Boys Coach	Tom Kotosky	tkotosky@mps-edu.org	Throws

 - Volunteer Assistants: Colin Weeks (Javelin).

- **Stay Informed**
 - TeamApp – “Real time” updates & notifications.
 - ✓ www.teamapp.com and search for “MHSTF” and request to join.
 - ✓ **Download TeamApp to your smart phone.**
 - MHS Track Website – Schedules, Events, Statistics, Records, History, etc.
 - ✓ <http://marlborotrack.weebly.com/>
 - ✓ Link also on MHS Athletics Page.

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➤ Expectations

- Have fun, find events that you like, work hard, **improve**.
- Always try to give your best effort every day in practice and in meets.
- “No cut” policy, BUT, you must attend practice to compete in meets, and you must compete in meets to be on the team.

➤ Track & Field Etiquette

- Always congratulate your opponents when done your race/event.
- Cheer your teammates on during their events and stay to end of meet.
- Know the order of events and stay alert for when your events are called.
- Look both ways before crossing the track.
- Yell “track” when running and someone is in your way.
- **Setup and clean up all equipment after practice and after all home meets.**

➤ Outdoor Track & Field Events (Can do 2 Track & 2 Field events in a dual meet.)

• Field Events

- ✓ Shot Put, Discus, Javelin
- ✓ High Jump, Long Jump, Triple Jump, Pole Vault

• Track Events

- ✓ 100M, 100M Hurdles, 200M
- ✓ 400M, 400M Hurdles, 800M
- ✓ 1 Mile, 2 Mile

• Relays

- ✓ 4x100M, 4x400M
- ✓ 4x800M (not run in dual meets)

➤ Zero Tolerance

- There is zero tolerance for drinking and/or drugs.
- There is zero tolerance for bullying and/or hazing.