

Rosa International



Track & Field

Welcome to the Rosa Track & Field team.

Unlike Soccer, Basketball and many other sports there are no tryouts for track and field. If you are willing to attend practice, work hard, and help others, we will gladly accept you as a member of our team. Your coaches are here to help you learn the different events, improve your technique and offer you encouragement.

Congratulations and Good Luck!

Your Coaches,

Mr. Chuenmark Ms. Covelli Mr. Cieslik



Goals

As the season progresses, each of you should prepare at least one goal you want to attain by the end of the season. First, take about two weeks to learn about yourself and the track events of track and field. Then make a goal(s) that you hope to attain by the end of the season. You should be able to verbalize this goal to coaches and athletes. Coaches find it helpful to know what it is you are attempting to accomplish.

Don't get discouraged if you see your progress not moving as quickly as others even though you believe you are giving 100%. Remember to compare your success to where you started and compare it to where you are after a period of time. Seek advice from your coaches.

Effort

Putting forth effort is one of the keys to success. You must be willing to put forth 100% effort at practice to move toward success. You must put forth effort outside of practice to further condition yourself and move toward success.

Team Guidelines

The following set of guidelines are based on the Cherry Hill Board of Education Athletic Philosophy where emphasis is placed on the building of responsibility and loyalty to the school, program, team and coaches. It is a privilege to belong to such an organization, but along with this privilege go certain responsibilities that you must abide by:

- * You are responsible for your actions at all times.
- * You must accept the sole responsibility of uniform or equipment that has been assigned to you. **You must return the uniform at the end of the season in a timely manner.**
- * You must remain with the team in designated areas for practice and meets.
- * You must report all injuries to the coach.
- * You are expected to assist and help out during track meets.
- * **You are expected to stay at competitions until the final event is completed.**
- * You are expected to give 100% at all practices and following all instructions.
- * You will show sportsmanship.
- * **The after-practice buses leave Rosa at 4:30. Anyone who gets picked up by parents/guardians is expected to ride the bus home if their ride is not at Rosa by 4:30.**
- * Each athlete is expected to compete in 2 or more events

Rules for Shoes & Jewelry

As of this season athletes are now permitted to wear track and field “spikes” while competing. The exception to this rule change is the facility at Voorhees Middle School. The actual metal spikes can be either ¼” or 1/8” in length.

Jewelry shall not be worn. Please leave valuables at home.

Your Coaching Staff

In case you need to contact your coaches, the following information may prove to be helpful.

Mr. Chuenmark (Gymnasium) cchuenmark@chclc.org
Ms. Covelli (Math Office) gcovelli@chclc.org
Mr. Cieslik (STEM room B 109) mcieslik@chclc.org

2017 Rosa Track & Field Schedule

The times listed below are estimated arrival times back at Rosa. Please be on time in picking up your son/daughter.

Date	Opponents	Location	Parent Pick-Up Time at Rosa
March 24	Rosa Relay tryouts	Rosa	Usual time (4:25)
March 27/28	Uniform distribution at practice	Rosa	4:25
March 29	Beck and Medford @ Medford Memorial Middle School	Medford Memorial Middle School	6:15-6:45
April 4th	Beck and Voorhees @ Voorhees Middle School	Voorhees Middle School	6:15-6:30
April 10th	Penn Relays Trials (4 boys and 4 girls)	Pennsauken HS	5:15-5:30
April 21st	Beck and Glen Landing	Triton HS	6:15-6:45
April 26th	Beck and Carusi	Cherry Hill HS West	6:15-6:45
April 28 th	Penn Relays	Franklin Field, U of Penn.	4:25
May 3rd	Beck and Carusi	HS West	6:15-6:45
May 5th	Moorestown Middle and Beck	Moorestown HS	6:15-6:45
May 19 th	Moorestown Relay Championships	Moorestown HS	12:30 start time
?	League Championships	?	?

*May 19th- Moorestown Relays at Moorestown HS, (limited number of participants)
League Championships (limited number of participants)- date and time to be announced

*pick-up times are estimated. The length of a track meet can change depending on the number of participants and the number of track officials.

Transportation

We are limited to 2 buses for each competition. Each bus holds 50 athletes. If our roster exceeds 100 athletes, as is typically the case, we will be unable to bring all of our athletes to every competition. In this scenario the coaching staff, with assistance from our administrative team, will implement a system to allow us to field a competitive team while offering an opportunity to compete to as many athletes as possible.

Weight Classes

Boys

Under 110 pounds

Over 110 pounds

Girls

Under 105 pounds

Over 105 pounds

Events

Weight Class Events

Each weight class will have the following events:

Sprint – Each weight class - 100 meters. ***We may limit the number of competitors for this event

Long Jump – Each weight class

High Jump – Each weight class

Shot Putt and Discus - Each weight class

Relay – Each weight class will have a 4 x 100 meter relay

** (Relay is the only event where you must try out)

Open Events

Any weight class can participate in these events:

200 Meter Run- 2 heats (4 boys and 4 girls from each school)

400 Meter Run - Boys and Girls- separate races

800 Meter Run – Boys and Girls- separate races

1600 Meter Run – Boys and Girls- separate races

**League rules allow each athlete to enter 3 events plus the relay