



Rosa Track & Field

Welcome to the Rosa Track & Field team.

If you are willing to attend practice, work hard, and accept coaching, 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. Bloch 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 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 and Expectations

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 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 are expected to show positive 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 facilities at Voorhees Middle School and Medford Memorial Middle School. The actual metal spikes can be either ¼” or 1/8” in length.

Jewelry shall not be worn. Please leave all 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. Bloch jbloch@chclc.org
Mr. Cieslik (STEM room B 109) mcieslik@chclc.org

Buses

We are only allotted 1 bus for each competition. If you are not chosen to take the bus you may compete if you are able to receive a ride to the competition.

The times listed below are estimated arrival times back at Rosa. Please be on time in picking up your child. Pick-up times are estimates.

Date	Opponents	Location	Parent Pick-Up Time at Rosa ***(times are estimated)
March 28	Uniform Distribution Day	Rosa	Usual time (4:25)
March 29	Rosa Relay Trials (optional)	Rosa	4:25
April 3	v. Beck & Carusi	Cherry Hill H.S. East	*** 6-7 (ask your child to call/text for specific time)
April 8	v. Carusi	Cherry Hill H.S. West	***6:00-7:00
April 8	all south jersey middle schools	Pennsauken HS	5-5:30
April 11	v. Voorhees & BB Prep	Voorhees MS	***6:00-7:00
May 2	Medford & Harrington	Medford Memorial MS	***6:00-7:00
May 4	Beck & Caruis	Cherry Hill HS East	AM (exact time tba)
May 9	Medford & Phifer	Medford Memorial MS	***6:00-7:00
May 17	League Championships	Pennsauken HS	time tba
May 20	Uniforms Should be handed in	by this date	

****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.

at the League Championship we are limited to 2 athletes per event so we will not be able to have every team member compete.

The Rosa Relay trials is something that we do at practice in order to choose our relay teams. This is optional. You are not required to try out for a relay team in order to be a part of the track and field team.

Transportation

We are limited to 1 bus for each competition. Each bus holds 50 athletes. Therefore, the school will not be transporting all of our athletes to every competition. 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. However, in most instances, if an athlete is able to get a ride to the competition that athlete is permitted to compete.

Weight Classes

Boys

Under 110 pounds

Over 110 pounds

Girls

Under 105 pounds

Over 105 pounds

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