

Rosa Track and Field  
Important Information  
2016



**TRACK & FIELD**

1. Our events are 100 meters, 400 meters, 800 meters, 1,600 meters, long jump, high jump, shot putt, discus throw, 4 x 100 meter relay.
2. We practice at school each day.
3. Our competitions are held at schools that have track and field facilities. Our “home” field this season is Cherry Hill High School East.
4. Each athlete will be issued a uniform that is collected at the end of the season.
5. Our league contests some events by weight class. The weight classes are over and under 105 pounds for girls and over and under 110 pounds for boys.
6. The weight class events are long jump, high jump, shot putt, discus throw, 100 meters, and relay.
7. Athletes are not required to attend every practice.
8. Attendance will be a consideration for the League Championships and the Moorestown Relays, which are contested at the end of the season.
9. Four boys and four girls will represent Rosa at the Penn Relays trials (and potentially at the Penn Relays). Only athletes who are able to attend the designated relay practices for the entire duration of practice should try out for these positions.
10. Athletes will receive a uniform and be eligible for competition after they have attended 5 practices.
11. The coaching staff this season will include Mr. Cieslik, Mr. Chuenmark, and Mr. Goldthorp.

Team Expectations- please read carefully before deciding that track and field is for you.

1. You are expected to run 1 lap at the start of practice.
2. You are expected to speak and act in a manner that best represents your school and coaches.
3. You are expected to follow the instructions of the coaches.
4. You are expected to stay at the competition until the final event has been contested.
5. You are expected to contest 2 (or more) events at each competition.
6. You are expected to contest any events for which you have been selected.
7. You are expected to practice any events for which you have been selected.
8. Practice will be finished at 4:20. You are expected to ride the 4:30 bus if you're ride is not literally in the parking lot when the buses are ready to depart.
9. You are expected to care for, return your uniform and in the unlikely event that you do not return your uniform you are expected to reimburse the school for a replacement.

## Rosa Track & Field Schedule 2016

4/04@HS East vs. Harrington and Demasi

4/06 @ HS East vs. Glen Landing and Beck

4/11 Penn Relays Trials at Pennsauken HS 4:00 (1 bus)

4/13 @ HS East vs. Beck and Carusi

4/18 @ Voorhees Middle vs. Voorhees Middle and Beck

4/22 @Moorestown HS vs. Moorestown Middle and Beck

4/26 @ HS East vs. Beck, Carusi, and Maple Shade

4/29 Penn Relays at Franklin Field (1 bus)

5/9 at Medford Middle School vs. Medford Middle

5/13 Moorestown Relays @ Moorestown HS

5/20 League Championships at Cinnaminson HS 2:00 start

## Rosa Track and Field Calendar 2016

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 practice 8 <sup>th</sup> graders only	16 practice 7 <sup>h</sup> graders only	17 practice 6 <sup>th</sup> graders only	18 practice for everyone	19
20	21 Spring	22 Break	23 No School	24 No Track	25 & Field	26
27	28  practice 3:00- 4:20	29  practice 3:00- 4:20	30  practice 3:00-4:20	31 <b>Rosa relay team try- outs</b> (only for those who wish to try out) *no other events will be practiced		

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 practice 3:00-4:20 *uniforms will be distributed during practice	2
3	4 @ HS East	5 practice 3:00- 4:20	6 @ HS East	7 practice 3:00- 4:20	8 practice 3:00-4:20	9
10	11 Penn Relays Trials	12 practice 3:00- 4:20	13 @ HS East	14 practice 3:00- 4:20	15 practice 3:00-4:20	16
17	18 @ Voorhees Middle	19 practice 3:00- 4:20	20 practice 3:00-4:20	21 practice 3:00- 4:20	22 @ Moorestown HS	23
24	25 practice 3:00- 4:20	26 @ HS East	27 practice 3:00-4:20	28 practice 3:00- 4:20	29 @ Franklin Field (Penn Relays)	30

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 practice 3:00- 4:20	3 practice 3:00- 4:20	4 practice 3:00-4:20	5 practice 3:00- 4:20	6 practice 3:00- 4:20	7
8	9 @ Medford Middle School	10 practice 3:00- 4:20	11 practice 3:00-4:20	12 practice 3:00- 4:20	13 @ Moorestown HS for Moorestown Relays	14
15	16 practice 3:00- 4:20	17 practice 3:00- 4:20	18 practice 3:00-4:20	19 practice 3:00- 4:20	20 @ Cinnaminson HS for League Championships	

May 9<sup>th</sup> last day for those who are not competing at Moorestown Relays or  
Cinnaminson Championships