



NORTH ALLEGHENY TRACK AND FIELD

Dear Parents and Student Athletes-

Your child has expressed an interest in the North Allegheny Indoor Track and Field team. If you permit, your son or daughter will be involved with one of the most successful programs in North Allegheny school history. In just the past few years, our team has won numerous section titles. Both the boys and girls teams have been WPIAL champions in recent years.

To participate, your son or daughter will need to have a completed physical turned into the Athletic Office (the coaching staff is not permitted to accept this paperwork) located in the Senior High School no later than Monday, November 21, 2011. Any student not listed on the Athletic Department's Physical List will not be able to participate in practices, scrimmages, and meets until their paperwork is completed and approved by the Athletic Office.

Re-Certification without an Injury:

Parents with **students who participated in a fall sport this year and did not sustain an injury since the initial evaluation** will only need to fill out one form (available on the NA Athletics Website):

Forms completed by Parent	Forms completed by Doctor
Section 5: PIAA Re-Certification by Parent/Guardian	Nothing required

Re-Certification with an Injury:

If your child sustained an injury since the initial evaluation or his/her health has changed, your doctor will need to fill out: *Section 6: PIAA Certification by Licensed Physician of Medicine or Osteopathic Medicine*. If the student-athlete is in good health and has been since the initial physical evaluation, there is no need to have your doctor fill out this section.

Forms completed by Parent	Forms completed by Doctor
Section 5: PIAA Re-Certification by Parent/Guardian	Section 6 – PIAA Certification by Licensed Physician of Medicine or Osteopathic Medicine

Students who have not yet participated in an NA sport this year:

If this is your first sport for the 2011– 2012 School Year, you will need to have a physical completed by a doctor. Parents/doctors should fill out (available on the NA Athletics Website):

Forms completed by Parent	Forms completed by Doctor
Section 1: Personal and Emergency Info	Section 4: PIAA Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner <u>(the date of the physical cannot be prior to June 1, 2011)</u>
Section 2: Certification of Parent/Guardian	
Section 3: Health History	
Section 8: Insurance Waiver Form	

Additionally, students in grades 7, 9, and 11 are required to take an **ImPact Test** prior to their participation in any sport. This test gives the training staff and team physicians a “well” baseline measurement of cognitive brain function to which a comparison can be made if a child receives a concussion, and will aid these health care professionals in determining the best course of action post-concussion. The test itself is a computerized test where the child will answer questions of various types.

Students in grades 8, 10, and 12 are not required to take the test, provided that they took a test last school year; if the last test was prior to last year for some reason, students in grades 8, 10, and 12 would be required to take a test this year.

Since only one ImPact Test is required per each 7, 9, or 11th grade year (provided the child did not sustain a concussion in that time), many of our 7, 9, and 11th graders satisfied this obligation in the summer so they could participate in fall sports; some students did not participate in fall sports, and so they did not have an ImPact Test done yet this school year. Tests are free of charge if taken within the window set by the athletic office. These free tests will be administered Monday – Thursday the weeks of October 31st and November 7th at 4:00pm in room 240 at NASH. Students need to arrive 15 minutes early, or they will be turned away. Students should enter the building via the south entrance (by the pool and gymnasium) and proceed up to the rear of the second floor to the computer labs. Additionally, tests will be given on Monday November 14th, at the same time described above. **Starting Wednesday November 16th, there will be a \$25 charge to take the test, and arrangements need to be made with that athletic office to facilitate this individual testing.**

In addition to completing the required physical paperwork, your child needs to go online to submit his/her **eligibility information**. This will be done via my teacher website at <http://www.northalleggheny.org> and clicking on the **Track and Field Questionnaire**. (My page can be accessed from the Building Staff Link on the NASH Page.) This form will collect your child's eligibility information, and inform you and your child of the team rules to which your child will be expected to adhere. Please review these rules carefully with your child.

Indoor track practice will begin on Friday December 2, and will run Tuesdays, Thursdays, and Fridays after school until the season's conclusion in the first week in March. Practice will take place at Newman Stadium and the Baierl Center (NASH campus) from 3:00-5:00. Attendance will be taken each practice day. NAI students ride the shuttle busses from NAI to NASH. Those shuttle busses can be picked up outside the auditorium doors, and are the first to leave. Students change in the Stadium Locker Rooms (Boys-North, Girls-South) and report to the Baierl Center before 3:00. Students need to sign in on the clipboards immediately upon entering the Baierl Center.

Students should be reminded to come prepared each day with clothes for both inside practice and outside practice. Inside gear should include t-shirt, shorts, and running shoes, and outside gear should include long pants, a long sleeve t-shirt, a sweatshirt, a jacket, winter hat, and gloves. Also, each student should bring their training log (small, durable notebook) with them to practice every day.

When it becomes available, I will post the upcoming meet schedule on my teacher website (N and I will send a copy of it home to each team member. To be very clear, indoor track has always been and will continue to be the preseason program for varsity spring track. To this end, our winter focus will continue to be event-specific technique, plyometrics, and weight room training in an attempt to ready ourselves for excellence in spring. This will become especially important starting this season as we will again implement minimum standards for membership on the spring track team. I give information about these standards at the conclusion of this letter.

To complement this training, the Tri State Track Coaches Association, a local association to which we belong and which will determine the meet schedule, is offering several meets at indoor arenas at local universities. Participation at indoor meets is not mandatory. On their own accord, students can choose to participate in as many or as few meets as they want. As you will see from the schedule, most of these meets are held evenings or weekends at the University of Pittsburgh and GaREAT Center in Geneva, OH, and at the “bubble” at Edinboro University. These meets are generally run late. In most cases, the late return from indoor meets does not interfere with school, since most are Friday nights or Saturdays. However, each year there continues to be one or two weeknight meets. Keep in mind students do not have to attend these (or any) meets, and they will suffer no penalty for missing these (or any) meets.

As you will also see when the schedule becomes available, the number of entries each school is allotted is limited in some meets and unlimited in others. Some meets only allow two entries per event per school. In the scenario that a particular event has more interested students than we can enter, the decision of who to enter will be made by the coaches and students will be told well in advance of meet day of who will be entered. Every effort will be made to put a student who wants to compete into a meet somewhere.

Transportation to meets will be provided for everyone. All attending team members will ride the bus to meets. To get their child home earlier, many parents choose to attend the meets and take their child home upon the conclusion of their event. This often gets a child home hours earlier than would their riding the bus back to the Baierl Center and being picked up there. Students can ride home with their parent or the parent of another student on our team, provided they give me a signed permission note from you (the parent) stating exactly with whom your child is to ride. I cannot accept permission over the phone for your child to ride home with another parent. Students will not be released to ride home with older siblings, boy/girlfriends, etc. All students and parents will be required to sign out with me personally prior to their departure. These rules have been unpopular at times in the past, and I'm sure they will continue to be unpopular; regardless, we have yet to have any child harmed in any way by a malcontented adult, and we will keep it that way. School transportation will always be available both ways to meets however, in the event a parent cannot pick up their child at the meet venue. The bus will drop off in front of the Baierl Center.

Uniforms will be issued prior to the first meet to each student on the team who is participating in meets.

I hope this acquaints new parents somewhat with indoor track and field. I am sure however, it does not answer every question of every parent. Whenever a question arises, feel free to contact me via email.

I have witnessed your children doing a great job and setting a good example for the past number of years. Please encourage them to keep trying to get better every day, and continue to contribute to one of the most successful athletic programs in the history of North Allegheny.

John Neff
 Head Coach
 North Allegheny Track and Field
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Spring Track

Looking forward, winter practices will continue throughout the end of February. Spring (varsity) track will begin March 5th, and will practice be every day after school from 3:00-5:00. Students will need to resubmit physical information, as discussed above, but their electronic questionnaire will carry over. More information will follow on this at the spring sports meetings, which will occur early in the new year, As I stated above, this year, we will again be implementing minimum standards for membership on the spring track team. These standards are included below, and will need to be demonstrated in the first week of practice in March.

	GIRLS		BOYS	
	9-10	11-12	9-10	11-12
100 m	15.0	15.0	13.20	13.00
200 m	32.0	31.0	27.0	26.5
400 m	1:15	1:10	1:05	1:00
800 m	2:55	2:45	2:30	2:20
1600 m	6:15	6:00	5:30	5:20
3200 m	13:30	13:00	12:30	11:45
100/110 HH	21.00	20.00	21.00	20.00
300 IH	56.00	54.0	51.0	49.0
Long Jump	13-0	15-0	16-0	17-0
Triple Jump	29-0	32-0	35-0	37-0
High Jump	4-4	4-8	5-2	5-6
Pole Vault	7-0	8-0	8-0	10-0
Shot Put	24-0	26-0	33-0	38-0
Discus Throw	70-0	85-0	90-0	115-0
Javelin Throw	70-0	90-0	90-0	125-0