

HA Outdoor Track & Field

Spring 2021

Thank you for considering being a part of the 2021 Outdoor Track and Field team at Hampden Academy. Instead of having an informational meeting, this handout will provide a look at our season coming up this spring. Below includes information (that we know of right now) for our season's guidelines and what you can expect the season to look like.



Coaches

Jason Kash, head coach jkash@rsu22.us

Cam Blood, assistant coach

Brittany Layman, assistant coach

Dean El-Hajj, assistant coach

Mike Ditzel, volunteer coach

Fred Lower, athletic director flower@rsu22.us

The focus of our team

1. Goal setting (individual, team, athletic, non-athletic)
2. Culture of hard work, perseverance, and grit mentality
3. Promoting positive growth and competition
4. Cultivating a unified team of mutual support and encouragement

Covid Requirements in place for this season

- Athletes will be required to do a wellness screening before participating in practice or competition
- Masks will need to be worn at all times (including during runs)
- Practices and competition will be set up to maintain social distancing
- You must have a water bottle at practice (we can give you one if you need a bottle)
- Bring your own clothing layers, shoes, and other equipment that the team does not provide

If you have specific questions about any of these requirements, please reach out to Coach Kash (jkash@rsu22.us) or the Athletic Director Mr. Lower (flower@rsu22.us)

First Practice: Monday, April 5 from 2:30–4:00pm
meet outside room 119

What do I do if I want to sign up?

You will need to complete *THREE* tasks:

1. Sign up online through FAMILYID
2. Make sure you have a current physical on file with the nurse's office (remember, they are good for two years now)
3. Pay your participation fee through the maine office at Hampden Academy

Attendance

Our general level of fitness and conditioning as well as consistent technique training is extremely important to individual and team success, so it is vital that athletes show up for practice and training. Not only does being at practice allow you to work on physical and mental training, but it establishes strong routines among the team and allows that mutual support and encouragement to develop. Please be communicating conflicts with the coaching staff. Per school guidelines, athletes must also adhere to the attendance and academic policies to be eligible for practices and competition.

Practices

- Because track and field offers a wide variety of events, an emphasis on a general level of fitness is significant throughout the season. When available, work will be done on increasing this basic foundation of strength and endurance. Our work will be done primarily outside so appropriate clothes and layers will be expected (especially in the beginning of the season).
- Most practices will be directly after school (2:30 - 4:00 or 4:30pm) at the Hampden Academy track. Practices will also take advantage of other areas of campus (especially in the beginning of the season when weather is iffy).

Available Events

Per our league guidelines, in each meet athletes can compete in up to **FOUR** of the following events:

<u>Sprints</u>	<u>Runs</u>	<u>Jumps</u>	<u>Field</u>	<u>Relays</u>
100m dash	800m	Long Jump	Shotput	4x100m
100/110m hurdles	1600m	Triple Jump	Discus	4x400m
200m dash	1600m racewalk	High Jump	Javelin	4x800m
300m hurdles	3200m		Pole Vault	
400m dash				

Part of the focus of the team is to challenge yourself and try new experiences and unless not appropriate, it is encouraged that athletes compete in multiple events.

Meets/Competition:

Hampden Academy is part of the Penobscot Valley Conference (PVC) with nearly 20 other schools. We compete in regular season meets (most held between Wednesday and Saturday each week) and have a Conference Championship Meet at the end of our season (a JV only and Frosh Championship Meet are also included). HA competes in the Class A State Meet for qualifiers in the beginning of June.