

Winter Track Rules:

1. All runners are required to complete a 1600m run in a time of 7:59 or better. This run is administered on the first day of practice. If a runner fails to complete the requirement, they may continue being tested until they meet the standard. No runner will be permitted to compete until the 7:59 standard is completed.
2. Complete all paper work: All Forms are due 11/1 & available ONLINE.
If you filled out forms for a Fall Sport, we have them on file. Get a re-check form only.
 - a-New Physical or Physical Re-Check
 - b-Permission Form
 - c-HS Sports Policy Form
 - d-NJSIAA steroid testing Form
 - e-NJSIAA concussion procedure Form
 - f-Emergency Cards Form
3. During the December Vacation we will compete in 4-6 meets. If you are away for the ENTIRE break and miss all of these meets, the penalty upon your return will be to miss an equal number of meets. (Ex. If you miss 4 meets, you will not be permitted to compete in the next 4 meets.
4. Leaving early for a job is not acceptable. Do not ask.
5. You are expected to participate in all meets; if not as a competitor than as a team helper.
6. The use of personal vehicles to travel to athletic events is not permitted. This rule is for competitors and non-competitors for any meet. If you are going to a track event as a competitor or spectator we will provide the necessary bus transportation. If parents need to bring you to a meet, you must arrange this ahead of time. If you are leaving with a parent, you must inform the Head Coach
7. You will need rest, 7 - 8 hours sleep each night is recommended.
8. Take care of your feet, be extra careful of blisters. Invest in a good pair of training shoes & socks.
9. Proper outdoor clothing is a must. A good portion of our training takes place outside.
10. If you have a problem, make me aware of it.
11. You are expected to be at all practices and meets.
12. If you are continually absent from practices and meets, not only will I question your reason for being here, but you should question yourself.
13. **YOU HAVE SIGNED UP TO SHOW UP.**
14. Develop pride in yourself and your Team; you are part of one of the States best Track programs.

Coach Pietrewicz

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