

# Hamburg Knights Spring Track Schedule 2020

Coach - Mrs. Suzanne Williamson

Assistant Coach - Miss Heather McDevitt

swilliamson@hamburgschool.com

As of 2-14-20

## March 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Practice 3:00 - 4:00 Hamburg	24	25 Play Practice Mandatory dress rehearsals	26 Practice 3:00 - 4:00 Hamburg  Play Practice Mandatory dress rehearsals	27	28
29	March 30 Practice 3:00 - 4:00 Hamburg  Mandatory Play performance @3:30	March 31	April 1 Practice 3:00 - 4:00 Hamburg  Mandatory Play 7:00 pm performance	April 2 Practice 3:00 - 4:00 Hamburg  Mandatory Play 7:00 pm performance	April 3	

The school play practices normally are Mondays through Thursdays from 3-5pm and run until the date of the show. The school play presentation dates are March 30 and April 1-2. Students involved in the play CAN also participate in track and will be excused from track. Practices will be held rain or shine, We will be working out inside the school.

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## April 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	<b>March 30</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>  <b>Mandatory</b> <b>Play</b> <b>performance @3:30</b>	<b>March 31</b>	<b>April 1</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>  <b>Mandatory</b> <b>Play 7:00 pm</b> <b>performance</b>	<b>April 2</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>  <b>Mandatory</b> <b>Play 7:00 pm</b> <b>performance</b>	<b>April 3</b>	<b>4</b>
<b>5</b>	<b>6</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>	<b>7</b>	<b>8</b> <b>Meet at</b> <b>Walkill Valley HS</b> <b>Bus 3:10</b>	<b>9</b> <b>1pm</b> <b>Dismissal</b> <b>Spring</b> <b>Recess</b>	<b>10</b> <b>Spring Recess</b> <b>No Practice</b> <b>School Closed</b>	<b>11</b>
<b>12</b>	<b>13</b> <b>Spring Recess</b> <b>No Practice</b> <b>School Closed</b>	<b>14</b>	<b>15</b> <b>Spring Recess</b> <b>No Practice</b> <b>School Closed</b>	<b>16</b>	<b>17</b> <b>Spring Recess</b> <b>No Practice</b> <b>School Closed</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>	<b>21</b>	<b>22</b> <b>Meet at</b> <b>High Point HS</b> <b>Bus 3:10</b>	<b>23</b>	<b>24</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>Meet at</b> <b>Vernon HS</b> <b>Bus 3:10</b>	<b>28</b>	<b>29</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>	<b>30</b>	<b>May 1</b> <b>Practice</b> <b>3:00 - 4:00</b> <b>Hamburg</b>	

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## May 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
April 26	<b>April 27</b> Meet at Vernon HS Bus 3:10	April 28	April 29 Practice 3:00 - 4:00 Hamburg	April 30	May 1 Practice 3:00 - 4:00 Hamburg	2
3	4 Practice 3:00 - 4:00 Hamburg	5	6 Practice 3:00 - 4:00 Hamburg	<b>7</b> Meet at High Point Reg HS Bus 3:10	8	9
10	11 Practice 3:00 - 4:00 Hamburg	12	13 Practice 3:00 - 4:00 Hamburg	<b>14</b> Meet at High Point Reg HS Bus 3:10	15	16
17	<b>18 ***</b> Track Counties Field events at Wallkill Valley HS	<b>19 ***</b> Track Counties Track events at Wallkill Valley HS	<b>20***</b> Track Both Field and Track Events Counties Rain Date	21	22	23
24/ 31	25 Memorial Day School closed	26	27	28	29	30

Practices will be held rain or shine, We will be working out inside the school.

\*\*\* Only for students participating in counties in Field and/or Track events. However, all students and parents are welcome to drive, come out and support the team though!

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As of 2-14-20

<u>Date</u>	<u>Destination</u>	<u>Host</u>	<u>Bus</u>
4-8-20	Wallkill Valley HS	Hardyston	3:10
4-22-20	High Point HS	Frankford	3:10
4-27-20	Vernon HS	Glen Meadow	3:10
5-7-20	High Point Reg. HS	Sussex Christian	3:10
5-14-20	High Point Reg. HS	Sussex Christian	3:10

### Counties

5-18-20 field events Wallkill Valley HS

5-19-20 track events Wallkill Valley HS

5-20-20 rain date

### *Good to know information*

- Students are encouraged to start walking, running and working out right away. Building cardio and endurance takes time. Students that are involved in the play CAN also participate in track and will be excused from track.
- Practices will be held rain or shine. We will work out inside the school. Students should bring bottled water that is labeled with their name to each practice and meet.
- If you have an epi-pen or inhaler, it must be brought to ALL practices and meets. No exceptions. Safety first!
- The end times of the track meets and return to school will vary. Students can use their phones to text/call when they are heading back to Hamburg. All dates and times of the meets are planned, but can change due to incimate weather.
- A bus will be provided for Hamburg School track students only to and from meets.
- Students must have transportation home from school after practices and meets.
- If student(s) are going to be walking home after practice or meet, a note from their parents must be given to the coach.
- Parents are invited to attend each meet at the schools listed above calendar.
- Parents can sign their child out from the track meet locations or students can ride the bus back to Hamburg school.
- If parent(s) are arranging for another parent/guardian to pick up students from practices/meets, an email and/or note must be given to the coach. Students will not be allowed to leave without it. [swilliamson@hamburgschool.com](mailto:swilliamson@hamburgschool.com)
- Uniform for meets - Hamburg Track T-shirt, wear black shorts, running sneakers, weather appropriate clothes. Most students are cold after they run bring a sweatshirt or coat.
- We are excited to start running! I can't wait to see you all!