



**ABINGTON CROSS-COUNTRY/
TRACK AND FIELD**

**PARENT &
STUDENT ATHLETE
GUIDE**

ABINGTON SENIOR HIGH SCHOOL

900 Highland Avenue
Abington, PA 19001
215.884.4700

Head Coach
William Neely

Assistant Coaches
Anthony Parker
Takia Orlena
Karl Gaines
Brian Schaffer



Abington Board of School Directors assumes no responsibilities for the opinions, information, and possible typographical errors or omissions, etc., that may be reflected in this publication.

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Boys and Girls	<i>*applicable season will be provided with this booklet</i>
Cross-Country	Practice official start: usually in August Official Season opens – September (date to be announced)
Indoor Track	Practice official start: usually in November Official Season Opens – December (date to be announced)
Outdoor Track	Practice official start – usually in March Official season opens – March (date to be announced)

BASIC INFORMATION

- A. Key Abbreviations
 - ASD: Abington School District
 - AMS: Middle
 - ASHS: Senior High
 - XC: Cross-Country
 - IT: Indoor Track
 - OT: Outdoor Track
- B. Opportunities to Serve

Fall:	Cross-Country Invitational
Spring:	Jack Armstrong Invitational Track and Field Grand Gala
- C. Parent Communication Registrations

Facebook	https://www.facebook.com/AXCTF/
Email	ATFGhosts1@gmail.com
Website	www.abingtontrackandfield.weebly.com

Abington XC, Track and Field Philosophy and Mission

The Abington XC, Track and Field philosophy is to build future community leaders through athleticism and academics.

It is our intent to provide challenging experiences for the student-athlete, to encourage and foster the best in them so they can perform at their peak in all events, in all arenas, while maintaining strong academic goals.

We solicit the assistance of parents and families in achieving these goals by creating ways of service and ministry through effective communication and volunteer opportunities, in a safe and nurturing environment. Parents and families are asked to assist the student-athlete in preparing for their academic and athletic journey by being actively involved in these opportunities and in their educational goals.

The logo for Abington Ghosts features the word "ABINGTON" in a bold, red, serif font above the word "GHOSTS" in a larger, blue, serif font. The "GHOSTS" text is partially obscured by a horizontal line that passes through the middle of the letters.

DEPARTMENT DIRECTORY

Health and Physical Education – Abington School District

215.884.4700

Athletic Director: Mr. Charles Grasty charlesgrasty@abington.k12.pa.us
Department Assistant: Ms. Sarah Panasiak sarahpanasiak@abington.k12.pa.us
Athletic Trainer: Mr. William Schmidt williamschmidt@abington.k12.pa.us x2461

Coaches:

Head Mr. Bill Neely wneely@mc3.edu
Assist Mr. Anthony Parker anthonyparker@abington.k12.pa.us
Mr. Karl Gaines
Ms. Takia Orlena
Mr. Brian Schaffer

Team Captains: Boys _____
Girls _____

TEAM CAPTAIN RESPONSIBILITIES AND CONTACT METHOD

Team Captains will :

1. Inform the team of any changes in the track schedule, ensuring all team members are notified.
 2. Prepare their team with important information regarding each track meet, especially away events.
 3. Provide support and encouragement for their team and show exceptional leadership example.
 4. Exhibit qualities of comrade that create team building and strengthen the relationships of team members.
 5. Provide support during correctional appointments.
 6. Maintain contact with the student athletes via the method decided by the team.
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HEALTH SUITE DEPARTMENT

Ms. Casey Donahue (Certified School Nurse)

Health Suite

caseydonahue@abington.k12.pa.us

Mary Gallagher (Certified School Nurse)

Health Suite

marygallagher@abington.k12.pa.us

Ms. Lauren Duffy (Certified School Nurse)

Health Suite

laurenduffy@abington.k12.pa.us

PARENT VOLUNTEER STEERING TEAM CONTACT INFORMATION

Cell:	Patrick Murray 267.535.9188	Matthew Egan 215.740-2115	Jill Graziano 917.414.1166
Email:	Marsfam1@gmail.com	swipeys@gmail.com	jmgraziano@hotmail.com
Cell:	Eileen Loftus 215.510.3373	Julia Coleman 215.470-5652	
Email:	eileenloftus@gmail.com	ATFGhosts1@gmail.com	
Website:	www.AbingtonTrackandField.weebly.com		
Facebook:	@AXCTF		

PARENT CONDUCT EXPECTATION

The following ASD Policies and Procedures and Superintendent's Administrative Procedure (SAP) are applicable to all parent involvement.

Please see attachments for the SAPs and Board Policies.

To access other policies and procedures of the Abington School District, visit their website at <https://www.abington.k12.pa.us/policies/>.

STUDENT ATHLETE CONDUCT/PRACTICE EXPECTATION

FALL/WINTER/SPRING: XC, Indoor & Outdoor Track and Field

Needed

1. PIAA forms completed and turned into the school nurse (mandatory before you can practice). Forms can be downloaded from **PlantHS.com** forms are listed at the bottom of this section.
2. For Student Athletes, information can be found in the **Cross Country/Track and Field Google Classroom** page. The code is **m5g4i45**. Enroll as a **HIGH SCHOOL ATHLETE**.
3. For Student Athletes, if you have played a previous sport, you **must** be recertified through **PlantHS.com**. Your PIAA forms will be on file
4. If you have played a previous sport you must be recertified by the Nurse. They will have your PIAA forms.
5. Eligibility Form will be handed out by the Athletic Director.

Equipment/Dress

1. Track Running shoes (sprinter, distance or field events).
2. Spikes with ¼ “ pyramids (sprinter, distance or field events).
3. Waffles (spikes without the spikes), primarily used for the indoor season.
4. Sweat pants, hoods, tights. The track team has an online store to purchase Abington Track team hoodies and sweatpants. This is a small fundraiser for the team. The store runs for a short period of time for ordering with delivery a few weeks after by coach. BIG TEAMS also has a store for spirit wear. [Abington High School Ghosts Custom Apparel and Merchandise - SpiritShop.com](#)
5. You are responsible for purchasing the sweats. We are, however, looking into team gear.
6. Uniforms will be issued by the High School.

Practice

1. Each season has its own practice start.
2. Practice will be Monday-Friday, after school (3:00PM) until 5:00PM. All students must come prepared with the proper gear to participate in practice.

Attendance

1. Attendance is **mandatory** and will be taken at each practice.
2. **If you are unable to make practice, it is the student athlete’s responsibility to notify the coaches before practice begins. Please contact the coaches directly.** Relaying messages through other athletes **is not acceptable** and will be counted as an unexcused absence.
3. If you are unable to attend a track meet, you **need to notify the coaches by the Wednesday before the meet.**
4. Missing too many practices and/or meets may result in termination from the team. A warning will be issued before termination.
5. **Missing practice the day before a meet will result in non-participation in the meet.**

League Track Meets

1. Track Schedules will be available on the Track and Field web site – www.abingtontrackandfield.weebly.com and our Facebook page - <https://www.facebook.com/AXCTF/> Student Athletes can also check for the schedule on the Google Classroom page.
2. League Track Meets for Girls
 - a. Indoor Season ~ normally held on Fridays at Lehigh University and other college sites to be announced.
 - b. Outdoor Season ~ held on Tuesdays after school and Saturdays.

3. League Track Meets for Boys
 - a. Indoor Season ~ normally held on Saturdays at Lehigh University and Glen Mills High School.
 - b. Outdoor Season ~ held on Tuesdays after school and Saturdays.
4. There are other track meets that are not part of the usual schedule. Location, times, and student athlete participants at these special events will be announced.

Invitational Track Meets

1. Invitational Track meets
 - a. Indoor Season ~ held at Lehigh University, Penn State University (PTFCA State Meet), and other sites to be announced.
 - b. Outdoor Season ~ held on Saturdays at various locations
2. These meets are qualifying meets and only those athletes who meet the qualifying standards will be going to these meets.
3. Our invitational, Jack Armstrong Invitation, is usually in April and is very well attended and supported. We solicit the help of our track and field parents to work in the concession stand.

State Championship: Fall - XC, @ Hershey, PA; Winter - Indoor PTFCA, @ Penn State University, State College, PA ; Spring - Outdoor PIAA, @ Shippensburg, PA

1. Qualifications for the state meets are determined by running qualifying times and distances.
2. Teams will be participating at designated sites listed above for each season. See each Season's Schedule provided during the appropriate time of year.

Note:

1. Every effort will be made to have every athlete compete in the track and field meets.
2. Each track meet allows a certain number of entries into events, limiting participants.
3. Attendance practices, and performances will be major factors in determining who competes in the track and field meets.
4. There will be tryouts on the track team and the athletes will be notified should they be cut from the team.

All day field trips (track meets) – Field Trip Permission Form

1. Student athletes are required to submit a "**Field Trip Permission Form**" signed by parents and teachers when competing/participating at all- day events. This is used when student-athletes will be absent for the entire or miss some of the school day.
2. These signed forms are imperative for accurate attendance as well as emergency information of the participants.
3. Signed permission slips of participants completing all day field trips (tracks meets) are to be submitted to track coaches. The form will be submitted to the Athletic Office no later than the end of the school day/2:35PM on the Wednesday before the event.

PIAA FORMS

<https://www.abingtonsd.org/documents/departments/student-services/health-services/immunizations-and-forms/athletics/431478>

Visit the PIAA site at <https://www.piaa.org/default.aspx>.

Please help us stay in touch with you. Visit our website at abingtontrackandfield.weebly.com/, click on the "Stay Connected" page and complete the response prompt or email us at ATFGhosts1@gmail.com with the information below. Thank you very much.

CONTACT INFORMATION REQUEST

Please complete the attached contact information request sheet. Thank you.

1. Student athlete's name, Grade and team (Boys or Girls).
2. Parent/Family name and contact information (cell phone and email).
3. I am a new family to track and field at ASD.
4. I am a returning family.

Abington XC, Track & Field



Visit us at www.abingtontrackandfield.weebly.com



Like us on Facebook to follow us in support at *Abington XC, Track & Field* or *@AXCTF*.

**ABINGTON
GHOSTS**



CONTACT INFORMATION REQUEST

Season: XC (Fall) Indoor (Winter) Outdoor (Spring)

Student Information			
Name		<input type="checkbox"/> Freshman <input type="checkbox"/> Sophomore <input type="checkbox"/> Jr <input type="checkbox"/> Sr	
		<input type="checkbox"/> Boys <input type="checkbox"/> Girls Team Year 20_____	
Phone # <i>reach you</i>	<input type="checkbox"/> Home <input type="checkbox"/> Cell <i>Check best way to</i>	Graduation Year	Event Participation <i>Check all that apply</i> <input type="checkbox"/> Track <input type="checkbox"/> Field
Email			
Parent/Guardian Information			
Parent/Guardian Name		Phone # <input type="checkbox"/> Home <input type="checkbox"/> Cell <i>Check best way to reach you</i>	
Email			
<input type="checkbox"/> I authorize the AXCTF Parent Volunteer Steering Team to add my email and phone number provided to the distribution list. <input type="checkbox"/> I also authorize the AXCTF Parent Volunteer Steering Team to contact me by cell phone regarding Abington Senior High School XC and Track and Field. <input type="checkbox"/> I would like to volunteer at our invitationals and other team sponsored events. Please contact me regarding the details.			
Please let us know more about your involvement: <input type="checkbox"/> New family to track and Field <input type="checkbox"/> Returning family			
Please include any comments in this section			

Please help us stay in touch with you. Kindly complete the information sheet and return via email at ATFGhosts1@gmail.com. Thank you very much.

Parent Volunteer Coordinator: Julia Coleman 215.470.5652

ABINGTON GHOSTS

STAY CONNECTED



Visit us at www.abingtontrackandfield.weebly.com.



Like us on Facebook to follow us in support at <https://www.facebook.com/AXCTF>



The information below is needed and is to be sent to Coach Neely if the student athlete will be absent from practice.

ABINGTON XC, TRACK AND FIELD
EXCUSED ABSENCE PROTOCOL

1. Date of Absence
2. If absence will be at practice or a meet
3. Student Athlete's Name
4. Reason for Absence

Email Coach Neely at wneely@mc3.edu with this information to report any excused absences.

