

Name: «Name»

Grade: «Grade»

To: Parents and Athletes Competing at the PIAA State Track and Field Championships.

Location: Shippensburg University

Dates: Friday and Saturday, May 28th and 29th; Practice will be at Shippensburg on May 27th.

From: PHS track and field coaching staff.

Congratulations on a successful season and for qualifying to compete at the PIAA state track and field championships! This letter is to help you and your parents prepare for the trip. Attached is general information regarding the experience, **PLEASE TAKE THE TIME TO READ THIS INFORMATION**. Below is a checklist that may help you as you plan for the trip. A time schedule is attached as well. ALL TIMES ARE APPAROXIMATE. Often the times run a little later than scheduled, but prepare to be there for the stated starting time. Parents remember to leave extra time for traffic congestions, parking and walking to the event sites.

Please keep in mind that when we travel overnight as a team we represent Parkland School District and our Community. Do not do anything that may embarrass the “family”!! This includes following items; the terms agreed upon when signing the Parkland Cod of Conduct, the Rules set forth by the PIAA, as well as the rules set forth by Shippensburg University. Good manners and good common sense behavior are our expectations.

The Parkland School District has provided for our food and lodging. We will be housed at the university dormitories. Curfew is 10:00 pm. You are expected to be in your room and quiet by curfew, the university staff strictly enforces noise level during the quiet time. Failure to comply may forfeit your opportunity to perform in the meet or stay on campus. We will stop on the trip out to eat lunch. After that we eat at the Shippensburg dining hall assigned to our dorm. Meal times are listed in the attached packet. There are 17 athletes from Parklands attending the championships this year; we are excited and proud.

ITEMS TO CONSIDER BRINGING

1. Towels and Toiletries
2. Pillows if you like extra or non-allergic pillows, One is supplied by the school
3. Blanket if the night is to be cold, the college only supplies 2 sheets and a pillow cover
4. Fan if the weather is going to be warm.
5. Sun Screen, hats; The stands at Ship reflect the sun and sunburn can occur quickly
6. Alarm clock, Radio, etc.,
7. Games, Cards, Items for entertainment,
8. Track uniform of course, Spikes, Warm ups if necessary
9. Snacks and Drinks,
10. There is a social/dance at the college for all participants on Friday night. Although it is casual some wear nice outfits to the event. Please dress appropriately.

The team will leave Parkland High School around 8:00 am on Thursday morning and will return on Saturday around dinnertime. If you attend the championships, please let us know if you are planning to take your athlete home with you from Shippensburg.

We are looking forward to this trip. If you have any questions or concerns, please feel free to call the high School at 351-5600, Extension # 75021.

A few thoughts from a fairly good athlete lay below. He used them to become a top ball player.

FOCUS

EACH OF US WANTS TO **SUCCEED**...
WE ALL LOOK TO THE FUTURE AND DREAM.
WE SET **GOALS**
AND APPLY OURSELVES TO REACH THEM.
BUT IT TAKES **PREPARATION**,
PRACTICE AND CONSTANT DEDICATION
TO GAIN THE **CONFIDENCE** TO WIN!
AND IT TAKES **PATIENCE**,
BECAUSE IT DOESN'T HAPPEN ALL AT ONCE.

Build Toward Success

Success is rarely reached alone, so look to those around you for support. Learn to rely on your teammates and to listen to your coaches. Remember: coaches aren't just there to decide who plays and who doesn't. They're there because they know what it takes to win both on and off the court. **HERE ARE A FEW COACHING TIPS THAT YOU CAN PUT TO USE IN YOUR GAME:**

- ◆ **NO ONE WINS ALL THE TIME** – No one loses all the time. Even the best people have off days, or encounter new situations they need to experience before they can conquer them.
- ◆ **THE MOST TALENTED DON'T ALWAYS SUCCEED** – Other qualities can see you through to victory. Persistence. Timing. Strength.

Never underestimate the power of sheer will.

Michael Jordan