



# Introduction

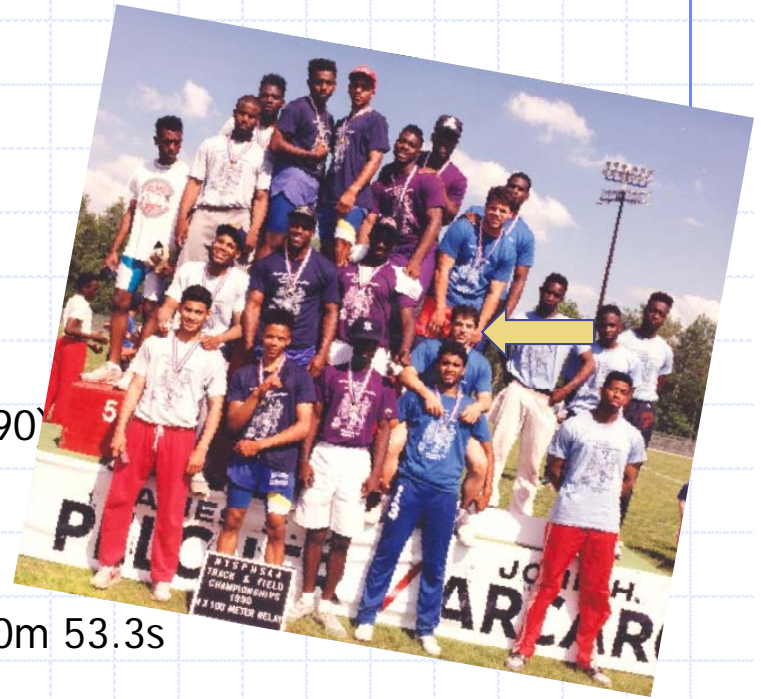
SINCE I WAS A BOY, I HAVE HAD A PASSION FOR TRACK AND FIELD. THAT LOVE WAS SPARKED BY WATCHING MY BROTHER AND HIS TEAMMATES COMPETE AT THE MIDDLETOWN INVITATIONAL, THE O.C.L. AND SECTION NINE CHAMPIONSHIP MEETS. PEOPLE WHO WATCH CAN ADMIRE IT, THOSE WHO PARTICIPATE LEARN TO RESPECT, AND SOME COME TO LOVE IT. MY GOAL, FOR THIS AND EVERY SEASON, IS TO HELP ATHLETES LEARN TO RESPECT AND LOVE THIS SPORT FOR WHAT IT IS....

**THE WORLD'S GREATEST  
EXPRESSION OF DRIVE,  
DESIRE, WILL, AND  
DEDICATION.**

# Bios

## Coach Wright-

- I am a graduate of Pine Bush High School(1987-1990)
- I participated in Track from grade 7-12, held 8 records (currently 4)
- PBT 100m 10.8s, 200m 22.8s, 55m 6.7s, 300m 37.1s, 400m 53.3s
  - Section Nine Runner-up 100m 11.2 sec. (1990);  
Placed top 5 in O.C.L. and Sect. 9 1988-90; 19<sup>th</sup> ranked 100m time in the state (1990)
  - 2<sup>nd</sup> leg of 4x100m relay team, O.C.L. Champs 1988 & 90; Sect. 9 champs '88 & '90; placed fourth at states in 42.9s (1990); Two time W.S.L. 400m Relay and 4x200m relay champs; 3 time Penn Relay qualifiers (4x100); 4x200m (1:27) qualified for Nationals (Outdoor).
  - member of the Pine Bush Athletic Hall of Fame(1990)
  - Level I USATF coach (1997)
  - O.C.I.A.A. certified coach
  - In five years as a sprinting and jumping coach, 2 relay teams, 2 long jumpers, 1 triple jumper, 1 pole vaulter went to the state championships.



## Coach Palermo-

- Graduate of Burnt Hills-Ballston Lake (1999-2000)
- Member of DMR championship team (Yale Invitational, Brown Invitational); qualified for Nationals.
- Two time Cornwall Relays Medalist (DMR & 4x400m Relay)
- Attended Oneonta (2003-06); 4 time ECAC Regional Qualifier; 3 time SUNYAC medalist; set school record 100m; two time 60m finalist Cornell Invitational; M.I.T. Invitational 55m and 200m champion; St. Lawrence Invitational 4x200m Relay champions
- Attended College of St. Rose (2006-07); set school record for 60m dash; broke 100m record; Capital Classic 200m and 4x100m Champion.
- Nike Central Park Track Club; 4 time USA Track and Field Qualifier; Top 20 at 2007 USATF Club National Championships- 400m hurdles.
- PBR 55m dash 6.6s; 60m dash 7.2s; 100m dash 10.7s; 200m 22.6s; 300m 36.5s; 400m 50.0

# EXPECTATIONS

WHAT YOU HAVE BEFORE YOU IS THE OPPORTUNITY TO *TURN THIS PROGRAM AROUND*. WHAT IT TAKES:

1. COMMITMENT-

YOU NEED TO HAVE AN "ALL IN" MENTALITY.

2. ATTENDANCE-

PART OF THE COMMITMENT, IS BEING HERE ON A REGULAR BASIS. IF YOU ARE ABSENT, YOU NEED A NOTE. IF YOU ARE LATE YOU NEED A PASS FROM A TEACHER. IF IT BECOMES A PATTERN- YOU WILL NOT COMPETE.

### 3. HARD WORK-

WORK TO YOUR POTENTIAL.

A) STAY FOCUSED

B) TREAT EVERY  
REPETITION AS YOUR  
LAST.

C) *NO EXCUSES-* IF YOU ARE  
CONFUSED ABOUT SOMETHING,  
*ASK.*

# GOALS FOR INDOOR

## YEAR ONE-

### A. TEAM-

FINISH TOP 12 EVERY MEET

### B. RELAYS-

4X200M BOYS BREAK 1:35 (24SEC); GIRLS  
BREAK 1:55 (29SEC)

4X400M GIRLS BREAK 4:40 (70SEC); BOYS  
BREAK 3:40 (55SEC)

4X800M BOYS BREAK 9:45 (2:26); GIRLS  
BREAK 11:45 (2:56)

**C. SPRINTERS-**

**55M DASH 2 GIRLS BREAK 8.0; 2 BOYS BREAK 7.0**

**300M DASH 2 BOYS BREAK 40.0; 2 GIRLS BREAK  
51.0**

**D. DISTANCE-**

**600M 2 BOYS BREAK 1:35; 2 GIRLS BREAK 2:07**

**1000M BOY BREAK 2:50; GIRL BREAK 3:46**

**1500M GIRL BREAK 5:50; 1600M BOY BREAK 4:50**

**3200M BOY BREAK 11:00; 3000M GIRL BREAK 12:00**

**E. HURDLES-**

**55M HURDLE GIRL BREAK; BOY BREAK 9.0**



## **F. JUMPS-**

**2 BOYS BREAK 17.0 FEET (LJ); 2 GIRLS BREAK  
14.0 FEET**

**2 BOYS BREAK 37.0 FEET (TJ); 2 GIRLS BREAK  
29.0 FEET**

**GIRL CLEAR 9.0 FEET (PV); BOY CLEAR 10.0  
FEET**

## **G. THROWS-**

**2 BOYS BREAK 37.0 FEET (SP); GIRL BREAK 30.0  
FEET**

# GOALS FOR OUTDOOR

## YEAR ONE-

### TEAM-

A) PLACE TOP 5 IN 1 OF 3 INVITATIONALS  
(W.S.L., MONTICELLO, MIDDLETOWN)

B) FINISH NEAR .500 RECORD.

### RELAY-

A) HAVE TEAMS FINISH IN TOP 5 FOR  
O.C.L. AND SECTION 9.



B) BREAK 400M RELAY RECORD.

C) BREAK 1600M RELAY RECORD.

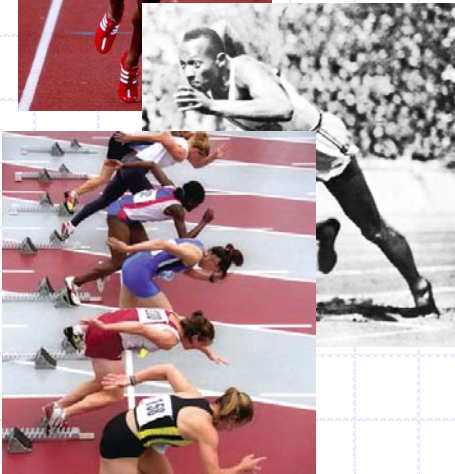
D) NEAR OR BREAK 2 MILE RELAY RECORD

## SPRINTING-



A) HAVE A SPRINTER MAKE THE FINALS AT O.C.L. OR SEC. 9 CHAMPIONSHIPS (100, 200, 400.)

B) HAVE A SPRINTER PLACE TOP FIVE AT W.S.L. INVITATIONAL.



C) HAVE THREE BOYS BREAK THE 12SEC. BARRIER; HAVE THREE GIRLS CLOSE TO THE 13SEC. BARRIER.

## DISTANCE-



A) HAVE BOYS 800M BREAK 2:05; HAVE A GIRLS 800M BREAK 2:20.

B) HAVE A BOYS 1600M BREAK 4:55; HAVE GIRLS 1500M BREAK 5:20.

C) HAVE 800M RUNNER MAKE TOP 6 AT INVITATIONAL (W.S.L. OR MONTICELLO).

D) HAVE 1600 RUNNER MAKE TOP 6 AT INVITATIONAL (W.S.L. OR MONTICELLO).



# JUMPERS-



A) HAVE 2 BOYS L.J. BREAK 18'; HAVE 2 GIRL L.J. BREAK 14'.

B) HAVE 2 GIRLS T.J. BREAK 30'; HAVE 2 BOYS T.J. BREAK 37'.



C) HAVE A BOYS H.J. BREAK 5'10"; HAVE A GIRLS H.J. BREAK 4'08".

D) HAVE A GIRLS P.V. CLEAR 9'6"; HAVE A BOYS P.V. CLEAR 10'



E) HAVE A JUMPER, FROM EACH, MAKE TOP 6 AT AN INVITATIONAL (W.S.L. OR MONTICELLO)

## THROWERS-

A) BOYS S.P. OVER 35'; GIRLS S.P. OVER 28'



B) GIRLS DISCUS OVER 85'; BOYS DISCUS OVER 35'

C) BOYS JAVELIN OVER 180'; GIRLS JAVELIN OVER 100'

D) HAVE A S.P. PLACE IN THE TOP 6 AT INVITATIONAL (W.S.L. OR MONTICELLO)



E) HAVE A DISCUS THROWER PLACE TOP 6 AT INVITATIONAL (W.S.L. OR MONTICELLO)

F) BREAK BOYS AND GIRLS JAVELIN RECORD.



G) HAVE A THROWER FINISH TOP 6 AT O.C.L. OR SEC. 9

