



**Coaching Staff Contacts**

**Coach Palazzi - [bpalazzi@pmsd.org](mailto:bpalazzi@pmsd.org)**  
*Head Cross Country Coach*  
*Head Track & Field Coach*

**Coach Cole ([ancole@pmsd.org](mailto:ancole@pmsd.org))** – *Asst. Coach, Jumps*  
**Coach Gettmann ([tgettmann@pmsd.org](mailto:tgettmann@pmsd.org))** – *Asst. Coach, Distance*  
**Coach Neira ([nneira@pmsd.org](mailto:nneira@pmsd.org))** – *Asst. Coach, Throws*  
**Coach Sickler ([rsickler@pmsd.org](mailto:rsickler@pmsd.org))** – *Asst. Coach, Hurdles*

**Coach Bray ([tabray@pmsd.org](mailto:tabray@pmsd.org))** – *Jr. High Event Coach*

# Track & Field



**2018 Seniors**  
32 graduated seniors joined our alumni squad after the 2018 season.

## We want you to join our team!

If you want to get fit, make new friends, set goals and find success then join us Monday through Fridays after school and a few weekends! We will even have some cool t-shirts and other prizes for you!

*“Run, Jump, Throw, Repeat”*



S. McCarroll, 3-year member – Throws  
E. Concepcion, 3-year member - Throws

## “I want to join, so what do I do next?”

After you decide to join our awesome sport, you will have to get a physical and sign up for familyID (<https://tinyurl.com/yc8n4j36>) before you can participate. We need to make sure you are safe for physical activity! There will be free physicals offered mid-February. Listen for announcements or check the team bulletin board. If you have any questions on how to do this, talk with your coach!

*“Today is another day to make yourself proud.”*

## “I’m all set!”

Bring your completed physical to coach, lace up your sneakers, and get ready to get in shape. We know you will find success, meet your goals and make yourself proud every single day!



**Boys 4x100m Relay**  
Whittle, Thomas, Monaco, Edwards, St. Hilaire  
2018 District & League Runner-Ups, State Qualifiers  
School Record Holders



**K. Emmanuel**, 4-year member  
Discus & Shot Put



**D. Lawrence**, 3-year member  
Endurance Events  
Class record Holder



**J. Wiggins**, 4-year member  
Sprints & Jumps  
League/District Place winner  
Class Record Holder



**C. Garrett**, Alumni  
2018 PIAA State Medalist  
7<sup>th</sup> Pace High Jump  
Senior HJ Record Holder



# POCONO MOUNTAIN WEST HIGH SCHOOL

**Michael Delgrosso**

*Athletic Director*

**Physical Paperwork Can Be Found Here**

<https://tinyurl.com/yc8n4j36>

181 Panther Lane

Pocono Summit, PA 18346

phone: (570) 839-7121 x 81373

fax: (570) 839-0974

athletics email: [irefolo@pmsd.org](mailto:irefolo@pmsd.org)

### What is Track & Field?

Track and Field is a sport which combines various athletic contests based on the skills of running, jumping, and throwing. Many athletes join Track & Field for competitive factors, however, we also have many athletes who join to challenge their goals, earn a varsity letter, get fit or to stay in shape for another sport and find their own success. Track & Field is the *ultimate sport* and you should get involved.

We are proud to say that we are the largest team at Pocono Mtn. West High School. With that being said, we have the greatest amount of possibilities for you to get involved. With 18 different events, there are options for everyone.

*“The difference between ordinary and extraordinary is that little EXTRA.”*

*- Jimmy Johnson*

### When does Track & Field start?

Track & Field season officially begins the beginning of March and runs until mid to late May. Athletes will be required to have completed physical paperwork and parent permission before joining the team. We also hold intramurals throughout the winter months for those students not participating in a winter sport. Students have the opportunity to participate in duel/tri meets within our league as well as invitationals.

If you should ever need additional information, stop and check out of webpage (<https://tinyurl.com/y7q5bofi>) or feel free to contact me with your questions via email at [bpalazzi@pmsd.org](mailto:bpalazzi@pmsd.org) for grades 9-12 and [tabray@pmsd.org](mailto:tabray@pmsd.org) for grades 7-8.



**S. McCarroll**, 3-year member  
Javelin  
Class Record Holder



**C. O'Hern**, 3-year member  
Hurdles/Sprints



**M. Mascia**, 4-year member  
Pole Vault/Mid-Distance  
Class Record Holder



**E. Concepcion**, 3-year member  
Throwing Events



**STAY CONNECTED WITH THE TEAM!**

<https://www.remind.com/join/02019track>

**2018 West Track & Field**

