



Welcome
to
Bellmore / N. Bellmore / Merrick
PAL Track

2023

CODE OF CONDUCT AT PRACTICE

*THE #1 GOAL OF THE BELLMORE/N.BELLMORE/MERRICK TRACK PROGRAM IS TO HAVE FUN!
IN ORDER FOR EVERYONE TO HAVE AN ENJOYABLE SEASON, PLEASE READ AND SHARE THE
CODE OF CONDUCT WITH YOUR CHILD.*

FOR ATHLETES

1. ON ARRIVAL AT PRACTICE DO THE REQUIRED AMOUNT OF WARM-UP LAPS – **DO NOT WAIT** FOR THE COACH TO HAVE TO TELL YOU THIS – IT WILL ALWAYS BE THE SAME AMOUNT OF LAPS!
2. COLLECT WATER, JACKET ETC FROM YOUR PARENT – YOU SHOULD HAVE YOUR THINGS **WITH YOU**
3. **DO NOT HAVE** PHONES, IPODS ETC WITH YOU
4. PAY ATTENTION TO YOUR COACH – YOU SHOULD NOT BE TALKING WHEN YOUR COACH IS TALKING
5. DO NOT WANDER AWAY FROM YOUR GROUP – **YOU NEED TO STAY WITH YOUR GROUP AT ALL TIMES**
6. IF YOU HAVE A PROBLEM AT PRACTICE – TALK TO YOUR COACH! DO NOT WANDER OFF TO LOOK FOR A PARENT!
7. YOU ARE HERE TO LEARN THE BASIC SKILLS OF RUNNING – EXCESSIVE TALKING AND HORSING AROUND DISRUPTS PRACTICE AND MAKES IT HARD FOR OTHERS TO LEARN
8. **HITTING, PUSHING, NAME CALLING, BULLYING IS NOT ALLOWED AND WILL NOT BE TOLERATED**

FOR PARENTS

1. ALLOW YOUR ATHLETE TO DO THE REQUIRED AMOUNT OF WARM-UP LAPS ON ARRIVAL.
2. GIVE YOUR ATHLETE HIS/HER WATER, JACKET ETC
3. PLEASE STAY IN YOUR CARS OR IN THE BLEACHERS (WHEN AVAILABLE) – DO NOT CROWD THE COACH AND ATHLETES
4. **DO NOT TALK TO YOUR ATHLETE DURING PRACTICE** – IT IS DISTRACTING FOR THE WHOLE GROUP
5. IF YOU NEED TO TAKE YOUR ATHLETE BEFORE PRACTICE ENDS, APPROACH **THE COACH** AND LET HIM/HER KNOW YOU ARE TAKING YOUR ATHLETE AT THE TIME YOU ARE DOING THIS
6. **FOR THE SAFETY OF YOUR ATHLETE, YOU SHOULD BE OUT OF YOUR CAR TO COLLECT YOUR ATHLETE AT THE END OF PRACTICE**
7. **DO NOT WALK ON THE TRACK DURING PRACTICE** – IT IS DIFFICULT TO CONDUCT PRACTICE WHILE HAVING ATHLETES DODGE WALKING PARENTS
8. STROLLERS ARE NOT ALLOWED ON THE TRACK – IT DAMAGES THE TRACK
9. GO OVER THE CODE OF CONDUCT WITH YOUR ATHLETE

REMINDE APP FOR
CANCELLATIONS & LOCATION CHANGES
IT IS RECOMMENDED THAT ALL PARENTS SIGN UP
IT IS THE ONLY FORM OF COMMUNICATION

SPRING 2023
SEND A TEXT TO
81010
TEXT THIS MESSAGE
@9f97kd4

THIS IS A ONE WAY COMMUNICATION ONLY
SHOULD YOU HAVE ANY QUESTIONS PLEASE DIRECT THEM TO
BELLPALTRACK@AOL.COM



*Some of our athletes
at the Cross Country
meet at Bethpage Park
November 2021*

*The 5/6/7 year olds at
one of the Saturday
meets at Mitchel Field
April 2021*



*Championship meet
parade at
Mitchel Field
May 2021*

2023 Indoor Track Schedule

December		
Tuesday	Thursday	Sunday
		3 rd <i>Presbyterian Gym</i>
5 th <i>Fellowship Hall</i>	7 th <i>Fellowship Hall</i>	10 th <i>Presbyterian Gym</i>
12 th <i>Fellowship Hall</i>	14 th <i>Fellowship Hall</i>	17 th <i>Presbyterian Gym</i>
19 th <i>Fellowship Hall</i>	21 st <i>Fellowship Hall</i>	24 th <i>No practice</i>
26 th <i>No practice</i>	28 th <i>Fellowship Hall</i>	31 st <i>No practice</i>
JANUARY		
Tuesday	Thursday	Sunday

2 nd <i>Fellowship Hall</i>	4 th <i>Fellowship Hall</i>	7 th <i>Presbyterian Gym</i>
9 th <i>Fellowship Hall</i>	11 th <i>Fellowship Hall</i>	14 th <i>Presbyterian Gym</i>
16 th <i>Fellowship Hall</i>	18 th <i>Fellowship Hall</i>	21 st <i>Presbyterian Gym</i>
23 rd <i>Fellowship Hall</i>	25 th <i>Fellowship Hall</i>	28 th <i>Presbyterian Gym</i>

FEBRUARY		
Tuesday	Thursday	Sunday
	2 nd <i>Fellowship Hall</i>	5 th <i>Presbyterian Gym</i>
7 th <i>Fellowship Hall</i>	9 th <i>Fellowship Hall</i>	12 th <i>Presbyterian Gym</i>
14 th <i>Fellowship Hall</i>	16 th <i>Fellowship Hall</i>	19 th <i>Presbyterian Gym</i>
21 st <i>Fellowship Hall</i>	23 rd <i>Fellowship Hall</i>	26 th <i>Presbyterian Gym</i>
28 th <i>Fellowship Hall</i>	30 th <i>Fellowship Hall</i>	

MARCH		
Tuesday	Thursday	Sunday
		3 rd <i>Presbyterian Gym</i>
5 th <i>Fellowship Hall</i>	7 th <i>Fellowship Hall</i>	10 th <i>Presbyterian Gym</i>
12 th <i>Fellowship Hall</i>	14 th <i>Fellowship Hall</i>	17 th <i>Presbyterian Gym</i>
19 th <i>Fellowship Hall</i>	21 st <i>Fellowship Hall</i>	

CODE OF CONDUCT FOR MEETS

FOR ATHLETES

AT PRACTICE

1. COACH WILL HELP YOU DECIDE WHAT EVENTS YOU WILL BE DOING AT THE MEET
2. EVENTS WILL **NOT BE CHANGED AT THE MEET**
3. DO NOT SIGN UP FOR THE RELAY WITHOUT YOUR PARENT'S PERMISSION – **RELAYS ARE AT THE END OF THE MEET**

ON ARRIVAL AT MEET

1. **IMMEDIATELY GET YOUR EVENT LABEL FROM YOUR COACH - IF YOU ARRIVE LATE YOUR COACH WILL GIVE YOU YOUR LABEL BEFORE YOUR 1ST EVENT**
2. COLLECT WATER, JACKET ETC FROM YOUR PARENT - **AS IN PRACTICE NO PHONES, IPADS ETC**
3. DO THE REQUIRED NUMBER OF WARM-UP LAPS
4. RETURN TO THE TEAM LOCATION FOR STRETCHES

DURING THE MEET

1. FOLLOW THE INSTRUCTIONS OF YOUR COACH
2. STAY WITH THE TEAM
3. DO NOT WANDER AWAY FROM THE GROUP – IF YOU NEED TO GO TO THE BATHROOM, LET THE COACH KNOW – ATHLETES MUST GO TO THE BATHROOM IN TWOS OR MORE
4. ONCE YOU ARE FINISHED WITH AN EVENT YOU NEED TO GO BACK TO THE TEAM LOCATION – THE COACH WILL LET YOU KNOW WHEN TO GO TO YOUR NEXT EVENT
5. **DO NOT GO TO THE BLEACHERS TO SEARCH FOR PARENTS/GUARDIANS/SIBLINGS**
6. WHEN YOU ARE LINED UP FOR A RACE, DO NOT MOVE AROUND, STAY WHERE YOU WERE PLACED
7. PAY ATTENTION
8. **HAVE FUN**

FOR PARENTS

ON ARRIVAL AT MEET

1. PLEASE BE ON TIME – IF YOU HAPPEN TO BE LATE, LEAVE YOUR ATHLETE WITH THE COACH ON DUTY – YOUR ATHLETE WILL GET THEIR LABEL IN TIME FOR THEIR 1ST EVENT
2. **IF YOU ARE ON TIME, HELP YOUR ATHLETE FIND HIS/HER COACH TO GET THE EVENT LABEL – THE BELLMORE PAL BANNER WILL SHOW WHERE THE TEAM IS – THE TEAM SHIRT COLOR IS YELLOW!**
3. ALLOW YOUR ATHLETE TO DO THE REQUIRED AMOUNT OF WARM-UP LAPS
4. GIVE YOUR ATHLETE HIS/HER WATER, JACKET ETC.
5. DO NOT GIVE YOUR ATHLETE PHONES, IPADS ETC
6. **PLEASE GO TO THE BLEACHERS**

DURING MEET

1. STAY IN THE BLEACHERS – PARENTS ARE NOT ALLOWED ON THE INFIELD.
2. DO NOT ENCOURAGE YOUR ATHLETE TO WANDER AWAY FROM THE TEAM
3. DO NOT ENCOURAGE YOUR ATHLETE TO STOP AND LOOK FOR YOU IN THE BLEACHERS
4. YOU MAY TAKE YOUR ATHLETE HOME ONCE THEY ARE FINISHED WITH ALL THEIR EVENTS – LET THE COACH KNOW
5. DO NOT STAY IN THE BLEACHERS AND HAVE YOUR ATHLETE LOOK FOR YOU. COME DOWN TO THE FIELD TO COLLECT YOUR ATHLETE

All Year Track

Tuesdays & Thursdays 5:30 – 6:30 unless otherwise indicated

****Spring**

(March – June)

****Summer**

(June – August)

****Cross Country**

(September – November)

****Indoor/Winter**

Indoor is limited to 25 athletes due to size of indoor space.

Preference is given to athletes who sign up for XC and Indoor @ the same time

(December – March)



Indoor Track 2023

Our 1st practice will be on Sunday, December 3rd at 12:45 pm at United Presbyterian Church.

Practices are usually Tuesdays and thursdays at 5:00 pm and Sunday afternoons.

Sundays will be at First Presbyterian Church at 12:45 pm

The season runs through to the middle of March.

Registration will be online. Information will be on the website at Bellmorepal.org

- Indoor/Winter is limited to 25 athletes due to size of indoor space and preference is given to athletes who participate in XC.
- The fee is \$80 payable online at time of registration.
 - All fees are non-refundable after 2 weeks of practice.
- There is also a flat fee for the use of the facilities
 - payable to Bellmore PAL during the 1st week of practice
- Bellmore PAL during the Summer/XC/Indoor seasons, is a USATF-LI team.
 - Membership is required. Annual fee is \$25. **A copy of the athlete's birth certificate is required for date of birth verification.**
 - If you did Summer Track you would already be a USATF member

Bellmore UMC Fellowship Hall is on Royle Street across from Applebees in Bellmore.

United Presbyterian Church is on Wantagh Avenue.

We look forward to seeing you.

*Winter Track is for serious runners – athletes who love the sport, want to improve their running skills and understand that hard work is involved. We ask that only dedicated parents and athletes sign up as we expect **maximum attendance at practice and meets.***

*Nassau County Police Activity League - Track
Bellmore - N. Bellmore / Merrick*

Bellmore North Bellmore PAL XC - Practice Schedule (2023)

September

Tuesday	Thursday	Saturday	Sunday
5 Cedar Creek	7 Cedar Creek	9 Norman Levy	
12 Cedar Creek	14 Cedar Creek	16 Norman Levy	
19 Cedar Creek	21 Cedar Creek	23 Norman Levy	
26 Cedar Creek	28 Cedar Creek	30 Norman Levy	

Tuesdays & Thursdays

5:00 PM

Saturdays

9:00 AM

As it gets dark, start time will
change to 4:15/4:30

October

Tuesday	Thursday	Saturday	Sunday
3 Cedar Creek	5 Cedar Creek	7 Norman Levy	8 XC Meet
10 Cedar Creek	12 Cedar Creek	14 Norman Levy	
17 Cedar Creek	19 Cedar Creek	21 Norman Levy	
24 Cedar Creek	26 Cedar Creek	28 Norman Levy	
31 Cedar Creek			

VERY TENTATIVE DATES:-

Sunday, Oct 8th

Bethpage State Park

November

Tuesday	Thursday	Saturday	Sunday
	2 Cedar Creek	4 Norman Levy	5 Assoc Meet
7 Cedar Creek	9 Cedar Creek	11 Norman Levy	
14 Cedar Creek	16 Cedar Creek	18 Norman Levy	19 Regional Meet
21 Cedar Creek	23 No practice	25 Norman Levy	

Sunday, Nov 5th

Bethpage State Park

Sunday, Nov 19th

Location TBD

2023 Spring Track Schedule

	April	
Tuesday	Thursday	Saturday
	6 th <i>Kennedy HS</i>	
11 th <i>Kennedy HS</i>	13 th Grand Avenue	15 th Meet 8:30
18 th Grand Avenue	20 th Grand Avenue	22 nd Meet 8:30
25 th <i>Kennedy HS</i>	27 th Grand Avenue	29 th Meet 8:30 – Relay
	May	
Tuesday	Thursday	Saturday
2 nd <i>Kennedy HS</i>	4 th Grand Avenue	6 th Meet 8:30 – Relay
9 th Grand Avenue	11 th NO PRACTICE	13 th Meet 8:30 – Relay
16 th <i>Kennedy HS</i>	18 th <i>Kennedy HS</i>	20 th 8:15 – Championship
23 rd <i>Pizza – JFK</i>	25 th	

Practices start at 6:00 pm

RAIN OUT INFORMATION FOR MEETS
AT MITCHEL FIELD WILL BE SENT VIA
REMINDME APP

**It is important that you sign up
for the REMINDME APP**

Please note:

All athletes should be at the meet ½ hour before start time

Directions:

Mitchel Field – Hempstead Tpke to Earl Ovington Blvd North,
make left at traffic light adjacent to Omni Bldg.

Then make 2nd left into Mitchel Complex

Grand Ave School – 2301 Grand Ave, Bellmore

Southern State to Exit 25S, Newbridge Rd to Grand Ave

Right on Grand. School is on the right. Track is behind school.

Kennedy High School – 3000 S. Bellmore Ave, Bellmore

East on Sunrise Highway to Bellmore Ave. Turn on Bellmore Ave

Go about 3 miles. School is on the right. Track is behind school

Bathrooms are not guaranteed at practice. Practices are approx 1 hr to 1 hr 15mins long



JUNE 2023 SUMMER TRACK PROGRAM

*Summer track is for serious runners – athletes who love the sport, want to improve their running skills and understand that hard work is involved. We ask that only dedicated parents and athletes sign up as we expect **maximum attendance at practice and meets**.*

The Bellmore/N Bellmore PAL Summer Track program is organized to train our TEAM for the USATF Summer track outdoor events.

The team competes against other clubs across Nassau and Suffolk and the 5 boroughs in a developmental, competitive environment.

The meets are held on Long Island on Wednesday nights.

Summer practice is Mondays & Thursdays at 5:00 pm at location to be determined.

Saturdays at Levy Preserve in Merrick.

Registration number will be limited to 40.

Registration with PAL is required – summer track is \$75.

Our program is a USATF sanctioned program and membership in the local association is also required (Long Island Track & Field). Cost of membership is \$25 per year and has many benefits including additional insurance for the athlete. There is also the opportunity for athletes to move through the rounds of Association & Regional to National Championships as they improve their skills.

We also offer Cross Country and Winter/Indoor Track.

Bathrooms are not guaranteed at practice. Practices are approx 1 hr to 1 hr 15mins long

*Nassau County Police Activity League - Track
Bellmore - N. Bellmore / Merrick Unit*



BELLMORE/N. BELLMORE/MERRICK PAL

“Mile Grand Prix”

Tues, Jul 4th – Bellmore Striders 1 mile

Wed, Aug 2nd - Duck's Mile

Fri, Aug 12th - Moonlight Mile

Sat, Sept. 3rd – Farmingdale Mile

Sat, Aug 6th – Massapequa Mile

Rules of Grand Prix are:

- Athlete needs to be a USATF member
 - USATF is the governing body of track & field on Long Island
 - Membership is \$25/year
- Athlete needs to run at least 3 of the 5 races
 - Average of 3 races will be used as the winning time
 - If 4 races are run the best 3 times will be used
- There will be winners in the following categories
 - Boys 9 – 10 Boys 11 – 12 Boys 13 - 14
 - Girls 9 – 10 Girls 11 – 12 Girls 13 - 14

Ages are based on YEAR of birth



2023 CROSS COUNTRY

*Cross Country is for serious runners – athletes who love the sport, want to improve their running skills and understand that hard work is involved. We ask that only dedicated parents and athletes sign up as we expect **maximum attendance at practice and meets**.*

The Cross Country program gives our athletes an opportunity to take their skills off the track and out to the trails in our local parks.

Cross Country starts in September and goes through to November. Registration with PAL is required – XC is \$80

We hold our practices at 2 different locations – Cedar Creek Park on Merrick Road in Seaford, and Norman Levy Preserve in Merrick.

The distance for our youngest athletes is 2K which is about 1.24 miles. The next age groups 9/10 years & 11/12 years run a 3K which is 1.86 miles. Age is based on ***year of birth***.

Our athletes work up to these distances in practice.

Like Summer Track, membership in the USATF-Long Island is required at \$25/year. Membership is done online at USATF.org

If you did Summer Track, you are still a member thru December 31, 2022

REGISTRATION IS LIMITED TO 25 ATHLETES, PREFERENCE IS GIVEN TO SUMMER ATHLETES!

Check out our website for more information on our track activities
www.bellmorepal.org
click track on the left
click season activity on the right

Bathrooms are not guaranteed at practice. Practices are approx 1 hr to 1 hr 15mins long

Nassau County Police Activity League - Track
Bellmore - N. Bellmore / Merrick Unit

Bellmore-North Bellmore/ Merrick PAL Track - Summer Schedule 2023

June			Mondays & Thursdays – 5:00 pm
Monday	Thursday	Saturday	
	1	3	
5	8	10	
12	15	17 Norman Levy	
19	22	24 Norman Levy	
26	29		Location to be determined Saturday – 9:00 am Norman Levy Preserve Merrick Road – Town dump entrance

July					USATF usually holds meets on Wednesday evenings at various high schools on Long Island
Monday	Tuesday	Wednesday	Thursday	Saturday	
				1 Brookside	
3	4		6	8 Brookside	
10			13	15 Brookside	
17			20	22 Brookside	
24			27	29 Brookside	As soon as there is info available, it will be passed on.

August				Meets usually start 4:30 / 5:00
Tuesday	Wednesday	Thursday	Saturday	
1		3	5	
8		10	12	
15		17	19	
22		24	26	

September			
Tuesday	Thursday		Saturday
		7	

Jul-4 Bellmore Station - 8:00 am
 Aug-2 Duck's Mile – 7:00 pm
 Sep-2 Farmingdale - 8:00 am

CROSS COUNTRY STARTS ON THURSDAY , SEPTEMBER 7TH 5:00

BELLMORE/N.BELLMORE/MERRICK PAL

A UNIT OF

NASSAU COUNTY PAL

WWW.BELLMOREPAL.ORG

“IT IS BETTER TO BUILD YOUTH THAN TO
MEND ADULTS”