



SPARTAN TRACK & FIELD

MILTON
HERSHEY
SCHOOL®

TRACK & FIELD YEAR AT A GLANCE

Milton Hershey Track & Field competes in the Mid-Penn Conference Keystone Division in PIAA District III, 3A Classification.

Fall Season (September to November)

- Weekly Vertimax, Raptor, and TRX strength training

Winter Season (December to February)

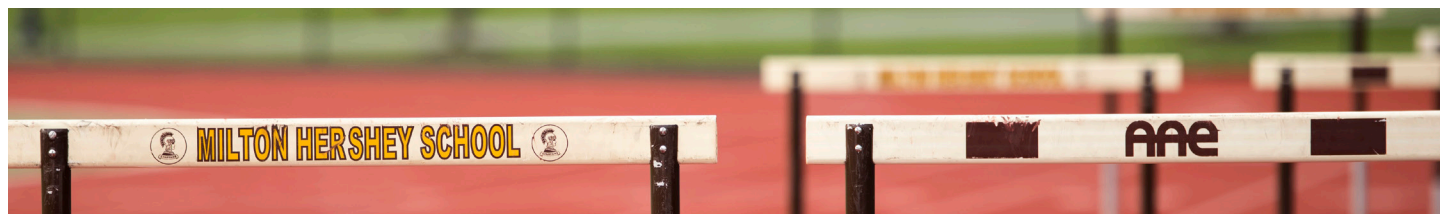
- Weekly strength and skill training practices
- Indoor meets at colleges and universities
- PTFCA Indoor State Championships
- Nike Indoor National Championships

Spring Season (March to May)

- Daily after-school practices
- Home and away track meets held on most Tuesdays and Thursdays
- Invitationals on select Saturdays
- Mid-Penn, District III, and PIAA State Championship meets for athletes who qualify

Summer AAU/Junior Olympic Season (June to August)

- Milts 4 Life Track & Field Club for select athletes to compete on a national level
- Training for Junior Olympics begins, offering college exposure opportunities
- Optional on-campus overnight skills training camp at a local university
- Multi-day meets are held at colleges and universities
- AAU and USATF memberships provided to athletes
- Multi-day meets are held at colleges and universities
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer



Camps, club teams, off-season training, and equipment
are included—with all costs covered.



TRACK & FIELD FACILITIES



- Henry Hershey Field: 8-lane, all weather track, jumping pits, discus circle, shot-put ring, grass javelin runway, and pole vault pit
- Spartan Center Gym: 3-lane, indoor track, with Vertimax, Raptor, and TRX training systems
- Boys and Girls locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

PROVIDED EQUIPMENT

- Custom sublimated uniforms, warm-ups, t-shirts, event-specific footwear, and a backpack
- All equipment costs are covered, including quality brands like Nike and more

MEET THE COACH



- **MHS Varsity Head Coach Roger Smith '85** was named head coach in 2009.
- Coach Smith won numerous PIAA State medals in track & field as an MHS student. He went on to play football at Millersville University, earning multiple honors while also captaining the Marauders to the winningest football record of all time.
- He was inducted into the Millersville University Hall of Fame in 2014.
- He is an MHS Student Programs team lead and holds a 25-year service award.
- Coach Smith is a 2024 inductee into the Spartan Athletics Hall of Fame.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

DEVELOPMENTAL PROGRAMS

- 5th/6th Grades: Developmental program
- 7th/8th Grades: Participation in PIAA Junior High track & field

PROGRAM ACCOMPLISHMENTS

Boys Track & Field Team Championships

- Mid-Penn Championships: 1986, 1987, 1993, 1994, 2008, 2010, 2012, 2013, 2014, 2015, 2016
- PIAA District III Championships (AA): 1988, 1994, 2004, 2005
- PIAA District III Championships (AAA): 2012
- PIAA State Championships (AA): 1989

Girls Track & Field Team Championships

- Mid-Penn Championships: 1985, 1986, 1989, 1993, 1994, 1995, 1997, 1998, 1999, 2000, 2001, 2002, 2006, 2007, 2009, 2010, 2024
- PIAA District III Championships (AA): 1980, 1981, 1982, 1983, 1985, 1987, 1988, 1989, 1990, 1992, 1993, 1994, 1995, 1997, 1998, 1999, 2000, 2001, 2005, 2006
- PIAA District III Championships (AAA): 2010
- PIAA State Championships (AA): 1980, 1981, 1982, 1985, 1989, 1991, 1992, 1993, 1994, 1995, 1999, 2000, 2001, 2002, 2003, 2005, 2006



Scan the QR code or visit mhskids.org/athletics to learn more. Contact Special Talent Admissions Counselor Rylan Good at goodry@mhs-pa.org.

