



Brunswick Jr. High School Cross Country 2017



Welcome to the Brunswick Junior High School Cross Country Team.

Brunswick Jr. High is a member of the Andy Valley League which includes cross country teams from: Auburn, Brunswick, Mt. Ararat, Oxford Hills and Tripp. Occasionally, schools from outside of our league will also run at our meets.

We have 5 scheduled meets beginning with Tuesday September 19th at Brunswick Junior High with all teams in our league competing. We have one league championship meet which will be held at Oxford Hills on October 24th. All runners get to race at the Championship Meet.

The courses are usually 1.86 miles. The terrain will include grass fields and trails. Times for running the courses are usually between 11:00 to 18:00 minutes. Parents and friends are encouraged to attend meets. Boys and girls run in separate races at the meets, but train together during practices.

During the week, practice will include longer easier runs of 25 to 35 minutes for aerobic training plus shorter technical running for anaerobic threshold development. With stretching before and after runs most practices will range from 2:40 to the pick up time of 4:00. Please check the schedule for all times.

Practice: The team will first change up in the locker rooms, then meet with full team in the cafeteria each day. Each day team members should bring a bag with shorts, t-shirt and shoes to run in. A water bottle and light snacks are also good to have. If it is raining lightly we will probably still have practice. If it is a hard cold rain, practice will probably be cancelled. Announcements of changes or cancellations will be made on school website and email list.

E-mail!

Join the Team Email List for updates! Please go to Junior High School Website – Click on Athletics – Click on Cross Country – Click Link: Join Email List.

Each year our team members are able to purchase a team shirt which they use and keep as our team uniform. These are great for helping us spot our team out on the course. The price for a team shirt is \$8.00 or Tank Top for \$12.00 A shirt of the same color, ORANGE, may be used by any runner who does not order a shirt.

I look forward to helping each runner improve their fitness, gain self confidence, and become a part of a successful school team.

B.J.H.S. Teacher and Coach:
Dan Dearing
B.J.H.S Assistant Coach
Heather Hoisington

Please turn in all documentation as soon as possible!