



Brunswick Junior High School Spring Track 2017

Welcome to the B.J.H.S track team. Our program offers an opportunity for our students to learn about track and field through dynamic practice sessions and actual track competitions against other Andy Valley League schools. Schools in our league include: Auburn, Bath, Lewiston, Mt. Ararat, Oxford Hills and Tripp.

The Coaches this year will be Mr. Dearing, Ms. Dionne, Mr. Higgins, Mrs. Hoisington and Mrs. Lord.

We have 4-5 regular season meets with one of those being a home meet. The Championship meet will be at Auburn on May 30th..

Practice: In order to improve and help the team, all students should attend as many practices as possible. We understand that many members of our team participate in afterschool activities so just let the coaches know ahead of time if practice will be missed.

Practice is right after school at the Junior High from 2:40-4:00. We will have a few practices at the Brunswick High School Track from 4:00-5:15. This is a great opportunity for our team to workout on the actual track and to practice in the field event areas available at the high school. All practices are listed on the season schedule.

Practices are broken into events so we may focus with smaller groups but all students may attend everyday if they wish.

A **typical week** will have most team members practicing 2-3 days per week along with a meet and a day of recovery after the meet. There are no practices or meets on the weekends.

What to wear to practice: Team members should have appropriate shoes, shorts and t-shirt for practices. Warm up pants, jackets or hoodie and water bottle should also be in the athlete's bag each day due to temperature changes during the day.

Meet Events: Our league allows athletes to compete in any 4 events at each meet.

The track events are: 55m hurdles, 100 m, 200, 400m, 800m, 1 mile, and 800m Race Walk.

Jumping events include: Long Jump, Triple Jump, High Jump, and Pole Vault

Throwing Events: Shot Put, Discus and Turbo Javelin

Relays 4x100m and 4x400m.



Email List: Parents and students are encouraged to join the email list. Updates, results, and other important information are sent out to the email list.

Feel free to contact coaches with any questions. The electronic email signup is at:

<http://www.brunswick.k12.me.us/bjh/athletics/track/>

Uniforms: We do not have a school issued uniform. Team members may purchase a team t-shirt for \$8.00, a Tank Top Singlet for \$12.00 or wear a black t-shirt to the meets. We also ask students to wear black shorts to the meets.