



## Brunswick Junior High School Spring Track 2018

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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, Lewiston, Mt. Ararat, Oxford Hills and Tripp. Schools from outside our league may also attend meets.

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

We have 3-5 regular season meets with the Championship meet at Tripp Middle School on June 1st.

**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, check times on schedule. 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.

E-mail!

**Join the Team Remind Group for Text and Email updates:** Parents and students are encouraged to join the team Remind Group. Updates, results, and other important information are sent right to your phone or email.

Signup at: <http://www.brunswick.k12.me.us/bjh/athletics/track/> or go to <http://rmd.at/4c3khc>



**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. Team jackets and hoodies may also be purchased.