



Brunswick Jr. High School Cross Country 2019



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, Lewiston, Brunswick, Mt. Ararat, and Oxford Hills. Occasionally, schools from outside of our league will also run at our meets.

We have 4 scheduled meets beginning with Wednesday, September 18th at Brunswick Junior High with Mt. Ararat and Lewiston. We have one league championship meet which will be held at Brunswick Jr. High (most likely) on October 16th. 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/Guardians 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 for aerobic training plus shorter technical running for anaerobic threshold development. With stretching before and after runs, most practices will start at 2:40pm and end at 4:00pm. On the day before a meet, practice will end at 3:30pm. Please check the schedule for all times.

Practice: Team members will first change up in the locker rooms, then meet with the full team in the cafeteria each day. Each day team members should bring a bag with shorts, t-shirt and shoes to run in. Please bring a water bottle to practice each day. Light snacks are also a good idea. If it is raining lightly, we will probably still have practice. If it is a hard cold rain, practice may be cancelled or we may practice inside.

We will use REMIND for team communication. Please see sign up instructions on the back of this page.

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 T-shirt is \$9.00. A shirt of the same color, ORANGE, may be used by any runner who does not order a shirt. Order forms for shirts are due Monday, Sept 9.

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

Cindy Patterson – please reach her via REMIND
BJHS Cross Country Coach

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BJHS Athletic Director and Grade 7 Math/GDI Team Leader