

## **SPARTAN TRACK AND FIELD FACT SHEET**

WELCOME TO THE 2020 SPARTAN TRACK AND FIELD SEASON FROM THE SPARTAN COACHING STAFF. THE STAFF IS EXCITED ABOUT THE PROSPECTS OF A SUCCESSFUL SEASON.

\*\*\*\*\*PLEASE ATTEND THE TRACK AND FIELD PARENT MEETING WITH THE BHS TRACK AND FIELD STAFF IN ROOM 409 AT 5:30 ON TUES. 3/10/20\*\*\*\*\*

\*PRACTICES REGULAR SEASON COMMITMENT: 3/2-5/19

\* POST SEASON COMMITMENT IF YOU QUALIFY: 5/20-5/30

\*PRACTICES DAILY STARTING 3:30-5:30 BHS TRACK

\* ALL CLEARANCE PAPERWORK IS ON THE BHS WEBSITE, MUST BE COMPLETED BY 3/2 TO PRACTICE

### **WHY TRACK AND FIELD?**

\*FUN

\*COED

\*EVERYONE COMPETES EVERY WEEK

\*PERSONAL BEST(PERFORMANCE ) DRIVEN

\*LOTS OF HOME MEETS

\*VARIETY OF EVENTS

BOYS 100-200-400-800-1600-3200-100 HURDLES-300 HURDLES-4X100-4X400-HIGH JUMPLONG JUMP-TRIPLE JUMP-SHOT PUT-DISCUS-JAVELIN-POLE VAULT

GIRLS 100-200-400-800-1600-3200-100 HURDLES-300 HURDLES—4X100-4X200-4X400-HIGH JUMP-LONG JUMP-TRIPLE JUMP-SHOT PUT-DISCUS-JAVELIN-POLE VAULT

OUR EXPECTATIONS ARE SIMPLE:

- 1.)BE AT PRACTICE EVERYDAY(COMMUNICATE WITH YOUR COACHES)
- 2.)BE ON TIME
- 3.)WORK HARD
- 4.)HAVE FUN

IF YOUR SON/DAUGHTER CAN NOT MAKE PRACTICE THEY NEED TO LET THEIR EVENT COACH KNOW BEFORE YOU PRACTICE THAT DAY. THEY CAN E-MAIL ME [AGRIMM@BISD303.ORG](mailto:AGRIMM@BISD303.ORG) OR CALL ME @ 855-3515 OR SEE ME IN PERSON DURING SCHOOL.

- PLEASE NOTE THAT MOST REGULAR SEASON MEETS ARE ON THURSDAY'S. MEETS ARE FOR QUALIFIERS. HOME MEETS ARE ON THE BHS CAMPUS. THE SEASON SCHEDULE WILL BE POSTED ON THE BHS ATHLETICS PAGE.
- PRACTICES START AT 3:15 AND ENDS NO LATER THAN 5:30(MON-FRI). SATURDAY WORKOUTS WILL BE OPTIONAL, TIMES AND LOCATIONS WILL BE DETERMINED BY THE EVENT COACH. DEPENDING ON THE LENGTH OF THE GIVEN WORKOUT AND HOW MANY EVENTS AN INDIVIDUAL IS PRACTICING DETERMINES THE EXACT TIME THEY ARE DONE.
- BHS PROVIDES A TANK TOP AND SHORTS. IF YOU WOULD LIKE TO PURCHASE YOUR OWN WORKOUT GEAR. PLEASE ORDER ONLINE MORE INFO TBABHS

- **WE ARE IN NEED OF PARENT VOLUNTEERS TO HELP WITH OUR SEVEN(7) HOME MEETS.**

SAT. 3/14, THUR 3/26, THURS 4/2, THURS 4/16, THURS 4/23, THU 4/30, THURS 5/7 NO EXPERIENCE NEEDED. WE WOULD NEED YOU AT THE STADIUM BY 3:15 WITH THE EXCEPTION OF SATURDAY 3/14 WHEN WE WOULD NEED YOU BY 10:45 A.M. WE WILL GIVE YOU INSTRUCTIONS ON WHAT YOU WOULD BE DOING. PLEASE E-MAIL ASAP WITH THE DATES YOU CAN HELP.

- PLEASE HAVE YOUR SON/DAUGHTER CHECK ON THE PROPER FOOTWARE FOR PRACTICE AND COMPETITION. I HOPE THIS ANSWERS ANY QUESTIONS YOU MIGHT HAVE ABOUT THE SPARTAN TRACK AND FIELD PROGRAM. IF YOU HAVE ANY QUESTIONS PLEASE E-MAIL [AGRIMM@BISD303.ORG](mailto:AGRIMM@BISD303.ORG)

ANDY GRIMM

HEAD TRACK AND FIELD COACH