

DEAR SPARTAN TRACK ATHLETES AND PARENT'S

*****PLEASE ATTEND THE SPRING SPORTS PARENT MEETING WITH THE BHS TRACK AND FIELD STAFF IN ROOM 409 AT 5:30 TUESDAY 3/6 IMMEDIATELY FOLLOWED BY A TRACK AND FIELD PARENT MEETING.

WELCOME TO THE 2018 SPARTAN TRACK SEASON FROM THE SPARTAN COACHING STAFF. THE STAFF IS EXCITED ABOUT THE PROSPECTS OF A SUCCESSFUL SEASON.

OUR EXPECTATIONS ARE SIMPLE:

- 1.) BE AT PRACTICE EVERYDAY (COMMUNICATE WITH YOUR COACHES)
 - 2.) BE ON TIME
 - 3.) WORK HARD
 - 4.) HAVE FUN.
- IF YOU'RE SON/DAUGHTER CAN NOT MAKE A PRACTICE THEY NEED TO LET THEIR EVENT COACH KNOW BEFORE PRACTICE THAT DAY. THEY CAN E-MAIL ME AGRIMM@BISD303.ORG CALL ME 780-1371 OR SEE ME IN PERSON DURING SCHOOL.
 - PLEASE NOTE THAT MOST REGULAR SEASON MEETS ARE ON THURSDAY'S. MEET'S LISTED ON SATURDAY'S ARE FOR QUALIFIERS ONLY. OUR AWAY MEETS ARE LOCATED WITHIN 20-30 MINUTES OF THE SEATTLE FERRY TERMINAL. HOME MEET'S ARE HELD AT BAINBRIDGE MEMORIAL STADIUM ON THE B.H.S. CAMPUS. *THE SEASON SCHEDULE IS POSTED ON THE BHS ATHLETIC WEBSITE UNDER TRACK AND FIELD
 - PRACTICES START AT 3:15 AND ENDS NO LATER THAN 5:30(MON-FRI) SATURDAY WORKOUT TIMES AND LOCATIONS WILL BE DETERMINED BY THE EVENT COACH. DEPENDING ON THE LENGTH OF A GIVEN WORKOUT AND HOW MANY EVENTS AN INDIVIDUAL IS PRACTICING DETERMINES THE EXACT TIME THEY ARE DONE.
 - B.H.S. PROVIDES A TANK TOP, SHORTS. IF YOU WOULD LIKE TO PURCHASE YOUR OWN SWEATS/SWEATSHIRTS/T-SHIRTS ETC... PLEASE ORDER ON-LINE CLOUD 9 SPORTS. MORE INFO TBD
 - WE ARE IN NEED OF PARENT VOLUNTEERS TO HELP OUR SIX HOME MEETS 3/10, 3/22, 3/28, 4/12, 4/26, 5/3 NO EXPERIENCE NEEDED. WE WOULD YOU NEED YOU AT THE STADIUM BY 3:15 WITH THE EXCEPTION OF SATURDAY 3/13 WHEN WE NEED YOU BY 11:00 A.M. WE WILL GIVE YOU INSTRUCTIONS ON WHAT YOU WOULD BE DOING. SNACKS AND BEVERAGES WILL BE PROVIDED. PLEASE E-MAIL ASAP WITH WHAT DATE OR DATES YOU CAN HELP.
 - PLEASE HAVE YOUR SON/DAUGHTER CHECK ON THE PROPER FOOTWEAR 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

ANDY GRIMM

HEAD TRACK COACH