

Brownell Track & Field

athletes and parents...

Date of First Practice: Monday, April 8th

All announcements and schedules will be made available through
Schoology

To participate in any practice, all students must have/be:

- ★ a valid Physical on file (dated after April 15, 2018)
- ★ a current, parent-signed Emergency Gold Card on file
- ★ \$125 Pay To Play fee (one-time expense, separate from "Club" fee)
- ★ 7th or 8th grader



Reasons to encourage your son or daughter to join:

1. We'll often get the response, "I'm not a good runner, so I'm not going out for track." First, talent in the sport is often hiding: students may not think they are fast, but they might have a well of endurance. Young athletes may surprise themselves. Second, there is the long jump, high jump, and shot put. Technique is paramount in these events; being tall or strong is not a prerequisite!
2. There are 12 individual events and 4 relays, which makes 52 total athlete-spots that will be considered "varsity" – those who will be slated to potentially score in a dual meet against another school. Students can compete in up to three events each, but with a Girls AND Boys team, that's 104 possible spots *that will score*. We need athletes!
3. The competition for a scoring spot is exciting, but just to beat your own personal best can be an amazing lift for all athletes. For an athlete that may not be used to sports, has not experienced much team athletics, Track can be a wonderful "lift."
4. We have a relatively young list of "Brownell Records." With the talent pool that I know exists here, we should be breaking often. THAT IS EXCITING. Over the last 10 years, athletes broke or tied 60+ total records.

5. Track & Field, under the leadership of Coach Birchmeier, Coach Burr and Coach Borland, *will require at a minimum* (workouts vary on the athlete and what they compete in), a daily regimen of stretching and jogging. We will be encouraging / teaching good diet. In short, our sport offers an amazing way to promote fitness.
6. This program will be feeding GP North and GP South with potential Cross Country and Track athletes. These are competitors that may compete for regional and state championships, and in turn earn scholarships to various colleges. This DOES happen.
7. It's cheap. All you need is a decent pair of running shoes.
8. With plenty of students joining the team, it's fun for the students.
9. Practices can be rigorous, but they are short. We will be done by around 4:30-5:00 pm everyday. A meet and practice schedule will be put out before the season begins. This makes other commitments possible.
10. We will work around other schedules (catechism, hockey, etc.). If an athlete needs to miss a practice here and there, this is fine as long as it is arranged prior to absence. We would rather have the student on team and miss these random days then not be on the team altogether!
11. We will uphold Brownell academic standards for eligibility. To be on the team, you must keep up your GPA. Good leverage!
12. We name several Team Captains from the 8th grade group of participants. This has ZERO to do with being a "varsity" competitor; it has to do with student leadership skills. We are very careful in our selection, and we use the first two weeks of practice to make our decisions. It is an invaluable life experience for a middle school student that earns a Captainship.
13. The most important thing to remember: **EVERYBODY MAKES THE TEAM AND EVERYBODY COMPETES IN AT LEAST ONE EVENT.**

We want to continue our success,
Please encourage those youngsters to join!

- **Have your child go to Mrs. Birchmeier's webpage to fill out interest form**
 - **Get your child a valid physical with physical form filled out by physician**
 - **Fill out emergency athletics gold card in full (two sided)**
 - **Register and pay the required "pay to play" fee by going to the Brownell website and clicking on *Athletics and Activities*. Follow link to register and pay.**
- COMPLETE/RETURN ALL OF THE ABOVE**

Thank you,

- *Coach Birchmeier*

- *Coach Burr*

- *Coach Borland*

If you have ANY questions, please send Coach Birchmeier an e-mail:

birchmr@gpschools.org

OR visit Coach Birchmeier's school website