

DEAR SPARTAN TRACK ATHLETES AND PARENT'S

WELCOME TO THE 2008 SPARTAN TRACK SEASON FROM THE SPARTAN COACHING STAFF. THE STAFF IS EXCITED ABOUT THE PROSPECTS OF A SUCESSFUL SEASON.

OUR EXPECTATIONS ARE SIMPLE:

- 1.)BE AT PRACTICE EVERDAY
- 2.) BE ONTIME
- 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@BAINBRIDGE.WEDNET.EDU CALL ME 855-0515 OR SEE ME IN PERSON DURING SCHOOL.
- PLEASE NOTE THAT ALL 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.
- 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, SWEAT TOPS, AND SWEATPANTS FOR COMPETITION. IF YOU WOULD LIKE TO PURCHASE YOUR OWN SWEATS/SWEATSHIRTS/T-SHIRTS ETC... GO TO GEARATHLETICS.COM AND LINK TO GEAR FOR SCHOOLS AND THEN SCHOOL CATALOG TO BAINBRIDGE TRACK. YOU WILL SEE THE ITEMS AND THEIR COST. ALL ORDERING AND MONEY WILL GO DIRECTLY THRU GEARATHLETICS. THE FIRST ORDER WILL CLOSE 2/20/08.
- WE ARE IN NEED OF PARENT VOLUNTEERS TO HELP OUR THREE HOME MEETS 3/27,4/17,4/24 _NO EXPERIENCE NEEDED. WE WOULD YOU NEED YOU AT THE STADIUM BY 2:45 TO 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. WE WOULD APPRECIATE IT VERY MUCH.
- 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 PROGRAM. IF YOU HAVE ANY QUESTIONS PLEASE E-MAIL AGRIMM@BAINBRIDGE.WEDNET.EDU

ANDY GRIMM

HEAD TRACK COACH