



Beagle Middle School Track and Field 2024



COACHES

- Head Coach Dan Brunk

ASSISTANT COACHES

- Julie Brunk
- Julie Darden
- Michelene Elder
- Matt Szydlowski

How can I learn more about Beagle Middle School Track and Field and how will communication take place?

1. There will be a parent meeting on Tuesday, March 19th @ 6:00 pm, in the Beagle Middle School Media Center
2. The **TeamReach** app and sign up for our 2024 Track and Field Group. All communication will be done using the app. Please be sure to look over the calendar, as it will have practice and meet dates posted. If you don't have the app, you will need to load it on your device.

TeamReach Group Name: **GLMS Track**

TeamReach Group Code: **GLMSTF22**

Can athletes participate in another sport/activity?

YES! Research has proven that our best athletes are those who are well rounded. We encourage our students to participate in a variety of activities at the middle school level. So, if you are participating in soccer, football, cheerleading, dance, choir, band, etc....you are welcome and encouraged to participate on the track and field team.

Season Start Date

We are excited to announce we will begin on Monday, April 1st. The best thing you can do between now and when we start practice is to put some miles in BEFORE the season begins. What you do over spring break will help you prepare for the season.

What do you need to participate? You **NEED** to have a physical on file and it must be dated on or after April 15th, 2023. In order to participate in official practices and meets, your physical must be on file.

What should you have to participate? A POSITIVE ATTITUDE and GROWTH MINDSET, running shoes, water bottle, and weather appropriate attire. Some runners may explore track spikes; however, they are not required. If you have any questions about this, feel free to message coaches and we'd be glad to help.

Will Everyone Compete?

All athletes will compete in 3 events, every competition day, with the exception being invitationals. The top times/distances from practices and previous track meets will determine which event your athlete will compete in and determine eligibility for invites. This can change race to race. We will always use the previous race's time and participation in practice to determine which race athletes will participate in. We also place runners in the events that best suits their competition level.

Transportation

We will have a bus transport the team to and from all meets.

Practices

Practices are generally after school at Beagle Middle School every day until 4:15/4:30. Although practices before a meet and on Fridays will be shortened. Participants are expected to dress appropriately for practice because we will run in the sun, rain, or snow. Athletes are also **expected to bring their own water bottle to practice daily. Parents will be expected to pick up their child from our track, on time.**

How do you register for Middle School Track and Field? Please register your child before the start of the 2024 Track Season! (Please be patient with registration, as it may not be updated until the winter sports schedule is complete). If you need assistance with registration, please contact the Grand Ledge Public Schools Athletic Department @ (517) 925-5930.

Please register at: <https://grandledgecomets.org/>

Questions/Concerns? Please direct message us with any questions or concerns through the TeamReach App.