



## Looking to get involved in a spring sport?

Come join the BCS Track & Field Team!

We are looking for new team members to join us this season.

### What is Track & Field?

- A sport that consists of a number of events including running, jumping and throwing. There are long distance runs, short sprints, jumping & throwing events.

### Who can join?

- Anyone in 3<sup>rd</sup> through 8<sup>th</sup> grade.

### Tentative Schedule:

- March 4<sup>th</sup>, 2020 – first official day of practice
- April 4<sup>th</sup>, April 18<sup>th</sup>, April 25<sup>th</sup> & May 2<sup>nd</sup>: Potential Regular Season Meet Dates (generally held on Saturday mornings).
- Saturday, May 9<sup>th</sup>, 2020: Championship Weekend #1 (3<sup>rd</sup>/4<sup>th</sup> grade)
- Saturday, May 16<sup>th</sup>, 2020: Championship Weekend #2 (5<sup>th</sup>-8<sup>th</sup> grade)

### Benefits of Track & Field:

- Increases endurance, builds muscle & promotes cardiovascular health.
- Promotes teamwork. Track & Field is an individual as well as team sport. Each plays a role in the team's efforts to win.
- Sharpens coordination.
- Improves confidence.
- Running track in the spring keeps athletes involved in competitive events leading into the next sport.

**\*\*SEE THE SPRING SPORTS REGISTRATTION FORM FOR MORE EVENT DETAILS\*\***