

# 2009 BMS Track Team Info Sheet

We are coming up on the 2009 season really quickly and we need to remind everyone about a couple of items so everyone is prepared to reach their fullest potential!!!

- I. Season Starts March 2<sup>nd</sup>
  - a. Wear proper clothing, we will be practicing on the track on day 1 !!
    - i. Sweats, long sleeve shirts, gloves, etc.
  - b. You will change in the gym locker rooms, we will meet in the gym the first day.
    - i. You will **NOT** be allowed to keep your belongings in the locker room, you will need to take your things to the track and keep them there.
  - c. Proper footwear is very important
    - i. See Roberts Running Store on 1400 block of 4<sup>th</sup> Ave. in Huntington.
    - ii. Mention BMS and you will get a 10% discount
    - iii. Track Spikes are NOT recommended for most runners!!
    - iv. A pair of Good Running Shoes will work!
  - d. Practice will run from 3:30 sharp to 4:30 – 5:00ish
- II. We have a team website this year check it out!!!  
**[www.bmstrack.org](http://www.bmstrack.org)**
- III. Have your physical and medical form with you on the 1<sup>st</sup> day of practice. If you do not have it, you **CANNOT** practice.
- IV. We will be selling Team T-shirts this year. They look great!!! We will be taking orders in early March. They will be \$15 each.
- V. We will be hosting a meet this year and we need your parents help. If you parents are interested in helping, have them contact Coach Riley at [coachriley@bmstrack.org](mailto:coachriley@bmstrack.org). We will need all the help we can get!!