

Here are some updates regarding the upcoming Jr. High Track and Field season, which begins on Monday, March 14th (thank you to Mara Braegelmann for sharing the key points!).

As you may have noticed during Cross Country, Junior High (JH) is used interchangeably with the terms JV or Freshman- and refers to 7th, 8th, and 9th graders.

All 9th graders are strongly encouraged to attend tryouts starting March 7th and practice with Varsity the entire week. Varsity coaches will speak to each 9th grader at the end of the week and let them know where they will be the following week.

There are two remaining Winter Track practices for 7th and 8th graders, which are held on Wednesdays from 3:15-5:00 pm. All are encouraged to attend to meet the coaches and learn the new practice routine. The activity bus will bring athletes over to the Penn Manor Track from both middle schools. Homeschooled and cyber schooled students are to arrive at the High School through the doors across from the parking deck. The same activity buses will continue to run throughout the spring track season.

Spring track for JH will start on March 14th and run all 5 days of the week. Practice time is from 3:15 to 5pm. Last year JH spent the first two weeks in a rotation learning about the different events, which is likely to happen again this year. During the spring the Varsity team will practice until 5:30- students on the JH team that have siblings on the Varsity may stay until 5:30. If they become a distraction, this privilege will be revoked.

There are generally 75 to 100 JH runners. Each athlete will attend at least one meet. The runners will find out the day before if they will be asked to attend the meet the following day. This is due to the number of athletes allowed to compete at meets. Remember that not every athlete will go to every meet and some may only attend one. Each JH athlete may participate in up to three events per meet. The JH team will ride the bus home after meets with the team.

The Junior High schedule is on the Penn Manor Track and Field Facebook page and under Penn Manor Athletics (see Freshman track (girls or boys)). The team Facebook page is the main form of communication at this point, although there will be a Remind app in the near future, as well.

The Track and Field Booster club is looking for help with time and donations. You may contact Amy Stoner Cohick for information on how to get involved at [amycpsu@gmail.com](mailto:amycpsu@gmail.com) or the team Facebook page.

In preparation for practice, all athletes must be in running shoes, bring a water bottle and be dressed for the weather. Cell phones are NOT permitted at practice. Paperwork (recertification form and Code of Conduct) will need to be uploaded into your Sportsware account that was created for Cross Country. You can download these on the Athlete Registration Packet at the top of the blog.

Coach Trostle is the Head Jr. High Track and Field Coach and if you have any questions, you may contact her at: [barbara.trostle@pennmanor.net](mailto:barbara.trostle@pennmanor.net) or if your child will be absent from any practices/meets once the season gets underway.

Thank you and GO COMETS!!!