

Indoor Track & Field

Coach Bumbernick

Coach Brewer

Paperwork

- If the physical is on file, that is fine- I do not need a copy of it
- All other forms (transportation, student/parent agreement, medical card) must be turned in, even if a fall sport was played
 - Your athlete may get copies from their fall coaches
 - Coach Brewer cannot track down these forms for the athletes

Who is Coach Bumbernick?

- PE teacher at Eastern MS
- Towson University
- 8 years track experience
 - High School: 100m hurdles (record), 4x100m relay, long jump, triple jump (record)
 - College: triple jump (2nd all time), long jump (8th all time), heptathlon
- Coached jumps 2 years in Pennsylvania



Who is Coach Brewer?

- Lives in Howard County
- Went to Salisbury University
- Teaches Child Development, Career Research & Dev., Culinary Essentials



- Started running in 2010
- Baltimore Marathon, 2011
- Marine Corps Marathon, 2016
- Numerous half marathons, 10 milers, 10k's and 5k's

Stay in contact!

Coach Bumbernick 717-887-6681

Coach Brewer 410-804-2525

- Remind
- remind.com/join/bh77c
- Frequent texts regarding meeting time/places, practice, reminders, etc.
- [**GOOGLE CLASSROOM**](#)
- [**CODE: reqqy**](#)
- Coach Brewer available in Rm. 1080 before school and during lunch

PAPERWORK CUT OFF:

Wednesday Nov. 16th

NO EXCEPTIONS

Practice

- **Monday, Tuesday and Friday**

- Meet in the 1st floor rotunda at 2:45
- Practice w/Coach Brewer until 4:00

- **Wednesday and Thursday**

- Meet in the 1st floor rotunda at 3:30
- Practice w/Coach Bumbernick until 5:00
- IMC open some days until 3:30
- Cannot “hang out” at school; IMC or return to school

Athlete Expectations

- Attendance at all practices are MANDATORY
- Must notify either Coach if you cannot make practice
- Athletes will sign in at each practice
- Behavior will be appropriate for a student athlete
- Grade reports will be run for monitoring

Dates

- Picture day- Monday November 21st
- Pasta party? Monday Dec. 5th?

Spirit Wear

- Spirit wear sayings: Choose **ONE** and email Coach Bumbernick by November 11th
 - “When you think about quitting think about why you started”
 - “Run more than your mouth”
 - “Run. Eat. Sleep. Repeat”
 - If you want to come in second ... follow me!

Meets: PG County Sportsplex

12/3/16 Dev. Scrimmage #1

12/6/16 Dev. Meet #2

12/27/16 Dev. Meet #3

1/14/17 MCPS Invitational

1/18/17 MCPS championship

Feb 20 & 21- Indoor championships

AWAY MEETS

- If your athlete rides the bus, they **MUST** ride the bus back to Rockville
- If you want to take them home after they have completed their events, your student must bring a note
 - Give to Coach Bumbernick

QUESTIONS?

