



Furnace Brook Middle School

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Dear Parent/Guardian,

We are thrilled that your son/daughter is interested in competing for the Furnace Brook Middle School Track and Field program! Attached is a [draft schedule](#) that includes four regular season meets, the South Shore League Meet, and the Massachusetts State Meet. Transportation is provided for all away meets and students will stay after school for our home meets. The League and State Meets are for qualifiers only, so not all students will participate. Students can compete on the track in the 100, 200, 400, 800, One Mile and 100 Hurdles. Field events include the Long Jump, High Jump, Turbo Javelin, Shot Put, and Discus.

Practices will begin promptly at 2:30 after school. Students will meet in the FBMS gym lobby and walk as a group over to the MHS track. Practice will conclude at 4:00 with parent pickup at the Martinson school parking lot adjacent to the track. Everything on the schedule is voluntary, we realize our students have many other activities going on.

The student/parent costs for the team will be kept to a minimum. The proposed total cost is \$75.00 to pay for transportation and meet fees (and, per tradition, an end of the year trip to Sweet Frog following the State Meet). We will be using the same black FBMS shirts as last year; the cost for the shirt will be an additional \$12.00 for those students new to the team or in need of a new shirt. We also have a white long sleeve FBMS shirt that can be purchased for \$10.00. Payment is preferred to be made online at <https://unipaygold.unibank.com/transactionInfo.aspx?CustomerID=935>, click “Athletics”, then “FBMS Athletics” or checks can be made out to “Furnace Brook Middle School” and dropped off in the Main Office. Students should also wear black running shorts for the meets. Attached please find the required forms: [FBMS Consent and Release Form](#) and [State Meet Waiver](#) that should be returned by the student at

practice or Main Office or scanned and emailed to fbmsxctrack@gmail.com . All this information can be found on the team web page: <https://www.mpsd.org/o/fbms/page/fbms-xc-track-field> .

The coaching staff is looking to make this season a fun, enjoyable, competitive one for all! We are always in need of additional help at practices, if you are interested in helping coach even a few days here and there, we would love to have you join us! No experience necessary!

You can also follow our team on Twitter and Instagram @fbmsxctrack! Thank you for your support and please feel free to email fbmsxctrack@gmail.com if you have any questions or concerns.

Thank you,

FBMS Track & Field