

DRAFT 2026

Greenbrier Middle School

Track Information Packet

Coaches:

Coach Shepherd: jessica.shepherd@ccboe.net

Coach Palermo: amber.palermo@ccboe.net

Remind Code: @2026track

To receive text notifications, text the code to the number 81010

TRACK INFORMATION

PRACTICE:

If you miss 2 days of practice in a given week, you will not be able to participate at the next track meet. If you missed practice due to illness or a family emergency, please bring a note to practice and you will be excused. On practice days you must be picked up NO LATER than 4:00 PM from the high school track. Failure to do so could result in your child being removed from the team.

Practice is required; failure to attend practice will result in removal from the team. If you miss more than three unexcused practices this season, you will be removed from the team. If you receive ISS, you will not be able to compete in the meet scheduled for that week.

TRANSPORTATION:

There will be bus transportation to all away meets. However, YOU are responsible for picking up your child at the end of each meet. Have rides there NO LATER than 6:00 PM.

SNACKS AND DRINKS:

Because meets are two to three hours long, athletes will need water or electrolytes to stay hydrated during the meets. Please sign up to send in a donation/s to help out! You can send these items in as soon as you wish. Please label the donations with the *Athlete's name and Track* on it; leave it with the front office and they will bring it to Coach Shepherd's room for storage until the meet.

BEHAVIOR:

All school rules apply. Athletes should be on their best behavior at all times. Misbehavior will be dealt with on a case-by-case basis and could result in dismissal from the team.

UNIFORMS:

[Track store link](#) is linked here and will be sent out through Remind. All orders are due by ***midnight*** on **MONDAY, FEB 3RD**. Athletes are allowed to wear their own black shorts (must be appropriate) or can purchase from the store. You may also purchase track shoes if you would like (not a requirement). These can be found at stores such as Sports Authority and Academy Sports.

ATHLETE CONTRIBUTION:

Greenbrier expected Athlete contribution for track is \$75.00 paid at the beginning of the season. Please pay through [RevTrack](#)

MEET SNACK SIGN UPS

Parents, we need your help! At our meets athletes are in need of snacks and drinks for quick replenishing. Please [click this link](#) or scan the QR code to sign up to help. Snacks and drinks can be sent in ahead of time to Coach Shepherd to be stored for the meet.



ORDER OF EVENTS FOR TRACK MEETS

2 Mile Run & Field Events Run Concurrently

Once 2 Mile and Field Events are Completed:

- 4x100 relay
- 1 mile run
- 400 meter
- 100 meter
- 800 meter
- 200 meter
- 4x 400 relay

TRACK CALENDAR

** Dates are subject to change due to weather conditions or county mandated changes.

February 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 PRACTICE 2:45-4PM 4PM PARENT MEETING @ GHS TRACK	4 PRACTICE UNTIL 4:00 PM	5 PRACTICE UNTIL 4:00 PM	6 PRACTICE UNTIL 4:00 PM	7 NO PRACTICE	8
9	10 PRACTICE UNTIL 4:00 PM	11 PRACTICE UNTIL 4:00 PM	12 PRACTICE UNTIL 4:00 PM	13 PRACTICE UNTIL 4:00 PM	14 NO PRACTICE	15
16	17 NO PRACTICE	18 PRACTICE UNTIL 4:00 PM	19 **** PRACTICE UNTIL 3:30 PM	20 MEET DAY SIMS & GMS AT home - GHS @ 4:00pm	21 sprinting participants practice until 3:30 PM	22
23	24 PRACTICE UNTIL 4:00 PM	25 PRACTICE UNTIL 4:00 PM	26 PRACTICE UNTIL 4:00 PM	27 NO PRACTICE	28 MEET DAY GTMS hosting GMS, RMS, CMS AT GTHS @ 3:30PM	

March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 PRACTICE UNTIL 4:00 PM	4 PRACTICE UNTIL 4:00 PM	5 PRACTICE UNTIL 3:30 PM	6 MEET DAY RMS hosting EMS, HMS, GMS AT home -GHS @ 3:30PM	7 NO PRACTICE	8
9	10 PRACTICE UNTIL 4:00 PM	11 PRACTICE UNTIL 3:30 PM	12 MEET DAY LMS hosting the East Division Meet at LHS @ 3:30pm Tentative Date	13 NO PRACTICE	14 PRACTICE UNTIL 4:00 PM	15
16	17 County Meet @ GHS Mutually Hosted by (GMS & RMS) - March 17. start time 3:00 PM	18	19	20	21	22