



# Trinity Catholic Track and Field



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## General Information

Track and Field is a boys and girls varsity sport that competes in the Spring. We start practice in late January and finish the season in early May. Over the course of a season, we compete in 8 track meets. There are 16 different events to compete in - everything from sprints, hurdles, relays, distance, jumps, and throws. This sport is unique in that you can find success both as an individual and as a team. Individuals qualify for the FHSAA State Meet by placing in the top 4 of their district and regional meets respectively. Running track is also a great way to compliment other sports like football, cross country, and basketball. Did you know that almost 60% of NFL Draft picks in 2016 ran track in high school?

The 2016 season was a huge success for Trinity Catholic. The boys won the district championship, and sent 18 athletes to the regional meet and 5 to the state meet. The girls placed 3rd in district meet and sent 8 to the regional meet. Our goal for the 2017 season is to win the district championship for both boys and girls, and qualify more athletes for state.

If your son or daughter is interested in joining the Track and Field team, here are a couple of things you can do before our season begins in January:

- **Get cleared to participate in athletics at TC.** Make sure you complete all forms and paperwork. The Student Life Office will help you out.
- **Conditioning.** Use the offseason wisely to get your self in "track shape". We have many resources available to help you do this. If you're not already in a fall sport, consider joining the Cross Country team.
- **Attend the Informational meeting in the fall.** You'll hear more about this meeting as we get into the new school year.

Thank you for your interest in Track and Field. We are preparing for another successful season in 2017! If you have any questions, please feel free to contact me.

- Coach Beef Branard

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**Head Coach:** Beef Branard | c: 321.412.2339 e: [jbranard@tchs.us](mailto:jbranard@tchs.us)

**Assistant Coach:** Joseph Chitty | e: [jchitty@tchs.us](mailto:jchitty@tchs.us)