

Biddeford Recreation Department
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Dear Families,

We're excited to welcome you to **Spring Track & Field** with Biddeford Recreation! This six-week program is designed to introduce participants to the fundamentals of track and field in a fun, supportive, and age-appropriate environment. Athletes will have the opportunity to learn, practice, and compete while focusing on personal improvement, effort, and sportsmanship.

Program Details

Location: Biddeford High School Track

Dates: The season will run from the last week in April through the first week in June. Practices are tentatively scheduled for **Thursdays, April 30th – June 11th**, but may be adjusted if there are impacts from high school spring sports schedules.

Time: 5:00 PM – 6:15 PM

Grades: 1st – 5th

In addition to weekly practices, **2–3 meets** will be offered during the season and will take place on **Fridays**. Meets may require travel to nearby communities such as Hollis, Old Orchard Beach, Wells, Standish, or Buxton, depending on the hosting schedule. The final meet schedule will be shared later in the spring once hosting locations are confirmed.

Equipment & Attire

Participants should come prepared for outdoor activity each day. Please make sure your child brings:

- Comfortable clothing suitable for running and throwing events
- Sneakers (no cleats)
- A water bottle

All track and field equipment used during practices and meets will be provided by Biddeford Recreation.

Program Overview

Each practice will include a dynamic warm-up, instruction in basic running, jumping, and throwing skills, and event-based activities. Athletes will be grouped by age and ability to ensure a positive experience for all participants. Our focus throughout the season will be on learning proper technique, building confidence, and encouraging athletes to challenge themselves while having fun.

Volunteer Coaches Needed

We are currently seeking **volunteer coaches** to assist with practices and meets throughout the season. No prior coaching or track experience is required — just a positive attitude and a willingness to help kids learn and stay active. Volunteers play a vital role in creating a safe, organized, and enjoyable experience for all participants. If you are interested in helping out, please contact us at sports@biddefordmaine.org for more information.

We're looking forward to a great spring season and can't wait to see our athletes out on the track! If you have any questions or concerns, please don't hesitate to reach out.

See you soon,

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