

The Tamalpa Bobcats Season is gearing up for another spring season. Our schedule will be similar to last year.

4:00 - 5:00 p.m. Sundays beginning on March 15th at Marin Catholic High School.

We will have practice March 15, March 22nd, March 29th, April 12th, April 19th, April 26th, May 3rd, May 10th, and a track meet on May 17th.

May 17th the track meet will be from 1-4 with five events - 100, 200, 400, 800, & mile (ribbons and times awarded to each athlete).

All Bobcats will receive:

- Bobcat t-shirt
- Bobcat water bottle
- entry into youth races at Marin Memorial Day races [HERE](#)
- Charm necklace and foot charms for each week of participation and extra charm for each mile of participation
- Ribbons for track meet participation end of season celebration

Practice will be similar to last year with a few small changes to increase participation.

3:45-4:00 - Athletes and families sign in (get name tag). Athletes join youth coaches for a game on the field

4:00-4:10 - All Bobcats do a warm up lap

4:10-4:30 - Stretching, drills, and track exercises and games

4:30-4:50 - How many laps can you run or option to run College of Marin bike path loop

4:50-5:00 - Turn in mileage sticks and receive gummy worms for participation and charms for your necklace

We have an enthusiastic team of high school youth coaches ready to work with our young athletes and a great group of adult coaches ready to cheer on and support our young runners.

Registration this year is on line. Please sign up [HERE](#).

The first day you come to practice we will ask you to sign a waiver of participation.

Additionally, it is no problem at all if you can't make all of the practices. We will be there each week. We know there are conflicts that arise or sometimes our young runners are just tired by that time. We hope that they will be motivated to join us for as many weeks as possible.

Feel free to spread the word and pass on registration information to your friends.

Additionally, email Mary Churchill at marymfagan@gmail.com if you have any questions!

We hope to see you and your young Bobcats on March 15th!