

Berrien County Track Club - HS and MS Track & Field - 2026

Eligibility Purpose

Athletes either homeschooled or attending a private school that does NOT offer state-sanctioned athletics
 To develop character through athletic training in a godly environment
 To teach basic athletic training principles that will enable young runners to look forward to a lifetime of running and racing
 To encourage racing to the limit of all physical and mental resources, while competing fairly and maintaining admirable deportment
 To communicate scriptural truth applicable to competitive life, earthly life, and eternal life

2026 costs (HS)

Optional (but recommended) February indoor workout is free for anyone interested: HS, MS, Alumni, Etc. - see calendar below
 Uniform: \$15 singlet + \$10 shorts (returning athletes can re-use)

Outdoor season fee: 1 athlete = \$70 2 athletes, same family = \$120 3 athletes, same family = \$155 4 athletes, same family = \$180

Questions?

Please attend a workout: Saturday, 21 February 2026 or Tuesday, 10 March 2026 - times and location on calendar below.

Or please call Kevin Siek:

email(athletes cc your parents): ksiek96@gmail.com

phone (for parents only, please): 269-985-3500

High School (9th - 12th) calendar:

Middle school (6th - 8th) meets to be added based on enrollment, season fee TBD

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>WEEK 13</i>	<i>16 Feb. 2026</i>	<i>17 Feb. 2026</i>	<i>18 Feb. 2026</i>	<i>19 Feb. 2026</i>	<i>20 Feb. 2026</i>	<i>21 Feb. 2026</i>
<i>Optional but recommended indoor workout on Saturday morning is free, fun, and fatiguing for anyone: HS, MS, alumni, friends, etc.</i>						**Workout 7:00-8:30 AM
<i>**Please bring clean running shoes and change into them inside the lobby. Workout 7am sharp - 8am with info session and signups 8 - 8:30am in the lobby</i>						South Shore Racquet Club 3630 Tennis Court Saint Joseph MI 49085
<i>WEEK 12</i>	<i>23 Feb. 2026</i>	<i>24 Feb. 2026</i>	<i>25 Feb. 2026</i>	<i>26 Feb. 2026</i>	<i>27 Feb. 2026</i>	<i>28 Feb. 2026</i>
						(HS: MITS Indoor State Meet at Aquinas College)
<i>WEEK 11</i>	<i>02 March 2026</i>	<i>03 March 2026</i>	<i>04 March 2026</i>	<i>05 March 2026</i>	<i>06 March 2026</i>	<i>07 March 2026</i>
<i>WEEK 10</i>	<i>09 March 2026</i>	<i>10 March 2026</i>	<i>11 March 2026</i>	<i>12 March 2026</i>	<i>13 March 2026</i>	<i>14 March 2026</i>
<i>Team workouts start this week</i>		***Team Workout 7:00 PM - 8:30 PM			Workout 9 AM - 10 AM	
<i>***Please change into clean shoes in the lobby.</i>		South Shore Racquet Club			Lakeshore HS Track	
<i>Warmup, info session and signups 7 PM to 7:29 PM</i>		3630 Tennis Court			6075 Cleveland Avenue	
<i>Workout 7:30 PM to 8:30 PM</i>		Saint Joseph MI 49085			Stevensville MI 49127	
<i>WEEK 9</i>	<i>16 March 2026</i>	<i>17 March 2026</i>	<i>18 March 2026</i>	<i>19 March 2026</i>	<i>20 March 2026</i>	<i>21 March 2026</i>
		(No team workout; individual assignments to be given)			Workout 9 AM - 10 AM	
					Lakeshore HS Track	
					6075 Cleveland Avenue	
					Stevensville MI 49127	
<i>WEEK 8</i>	<i>23 March 2026</i>	<i>24 March 2026</i>	<i>25 March 2026</i>	<i>26 March 2026</i>	<i>27 March 2026</i>	<i>28 March 2026</i>
		Team Workout 7:00 PM - 8:30 PM			Workout 9 AM - 10 AM	
		South Shore Racquet Club			Lakeshore HS Track	
		3630 Tennis Court			6075 Cleveland Avenue	
		Saint Joseph MI 49085			Stevensville MI 49127	

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
WEEK 7 <i>No team workouts during Holy Week; run on your own; workouts will be assigned</i>	30 March 2026	31 March 2026	01 April 2026	02 April 2026	03 April 2026	04 April 2026
WEEK 6	06 April 2026	07 April 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track 6075 Cleveland Avenue Stevensville MI 49127	08 April 2026	09 April 2026	10 April 2026	11 April 2026 HS: Paw Paw Lions Inv. Field 9:00a Track 10a 119 Paw Paw Rd Paw Paw, MI 49079
WEEK 5	13 April 2026	14 April 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track 6075 Cleveland Avenue Stevensville MI 49127	15 April 2026	16 April 2026	17 April 2026 HS meet or workout	18 April 2026
WEEK 4	20 April 2026	21 April 2026 Team Workout 6:00 PM - 7:30 PM TBD	22 April 2026	23 April 2026	24 April 2026	25 April 2026 HS: GR Elite Ch. Relays Track 8:40a Field 9:00a 150 Houseman Avenue Grand Rapids MI 49503
WEEK 3	27 April 2026	28 April 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track 6075 Cleveland Avenue Stevensville MI 49127	29 April 2026	30 April 2025	01 May 2026 HS meet or workout	02 May 2026 HS meet or workout
WEEK 2	04 May 2026	05 May 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track 6075 Cleveland Avenue Stevensville MI 49127	06 May 2026	07 May 2026	08 May 2026 HS meet or workout	09 May 2026 HS meet or workout
WEEK 1	11 May 2026	12 May 2026 HS: vs Kzoo Cougars at Kzoo Christian Field 4:00p Track 4:30p 2121 Stadium Drive Kalamazoo MI 49008	13 May 2026	14 May 2026	15 May 2026 HS meet or workout	16 May 2026 HS meet or workout
WEEK 0 Outdoor PEAK!!!	18 May 2026 HS: Squire JV Invite Field 3:30p Track 4:15p Davies Field 3535 Wilson Av SW, Grandville MI 49418	19 May 2026 OFF - No Workouts	20 May 2026	21 May 2026 HS meet or workout	22 May 2026 HS meet or workout	23 May 2026 HS, MS: Distance Night Track 1:00p (16,8,32) 150 Houseman Avenue Grand Rapids MI 49503
(Team Awards sometime this week, TBA)	25 May 2026	26 May 2026	27 May 2026	28 May 2026	29 May 2026	30 May 2026