



TCNJ Track and Field

Interest Brochure





College athletics can be daunting- there are many stereotypes and unanswered questions about it. We are here to ease your concerns and tell you exactly what you should expect as a student athlete in college.

What to expect as a **TCNJ Track and Field** athlete

1. A lot of support academically- In D3, academics come first. Coaches understand that you are trying to do well in school as well as on the track, therefore they can be flexible with practices if you have open, honest conversations with them about your workload
 2. Many athletes find that they are more productive while in season because they are forced to be on a rigid schedule
 3. The coaches are here to help. Adjusting to college can be hard, and they have weekly meetings with every freshman in the beginning of the year to help create the smoothest transition possible
 4. You are going to be surrounded by a community of people who share the same passion as you, along with the drive to do well in school. This strong team bond will support you on your hard days and push you to grow as a student, athlete, and an individual
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Meet the two guys in charge!



Justin Lindsey– Head coach of the men’s and women’s Track and Field and Cross Country teams



Michael Walker– Assistant coach of the men’s and women’s Track and Field and Cross Country teams

Along with four other event group-specific coaches, Lindsey and Walker lead national caliber athletes to individual successes and team successes!

Their job is to welcome incoming freshmen into the program and train them to reach their potential by the end of their four years at the college.

“ Students don’t want to leave! They enjoy their time here, and that’s what TCNJ really all about. It’s about a campus community environment that allows you to grow and allows you to be a successful student and athlete ”

- Justin Lindsey
