

Cypress-Fairbanks Independent School District Special Olympics

Cindy Macha
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Special Olympics Program Coordinator

August 2, 2011

Dear Parents,

The 2011-2012 Special Olympics season will soon begin. The following information will be helpful as you begin to plan for this year. Please plan your practice schedules accordingly through the area meet. Coaches will provide more detailed practice and competition information as the season progresses.

Softball Schedule

1st Practice: Wednesday, August 17, 2011
Practice days: Monday and Wednesday
Time: 6:00 p.m. to 7:00 p.m.
Location: Cy-Falls High School softball fields
Area Tournament: October 8, 2011

Athletic shoes with socks, tee shirt and shorts are recommended attire for softball players. A filled water bottle is also recommended.

Swimming/Aquatics Schedule

1st Practice: Tuesday, August 16, 2011
Practice days: Tuesday and Thursday
Time: 5:00 p.m. to 6:00 p.m. for Level I swimmers*
6:00 p.m. to 7:00 p.m. for Level II swimmers**
Location: Campbell Middle School pool
Area Tournament: October 1, 2011

Swim suit, cap and goggles are recommended attire for swimmers.

The following guidelines are used in determining swim levels:

*Level I (5:00pm-6:00pm)

- Unable to swim one length (25 yds) of the pool unassisted
- Entered in individual skills events last season
- Beginner swimmers with or without prior aquatics experience
- Needs physical assistance in the water
- Needs close adult supervision

**Level II from (6:00pm-7:00pm)

- Swims 25 yds. or more without assistance
- Entered in Level II skills (freestyle, backstroke 25 yds. or greater) last season
- Has prior aquatics experience in either Special Olympics or an organized swim program
- Independent in the water
- Participates in a group setting with minimal adult supervision

Attendance and punctuality at practice are important to success. Please discuss any scheduling conflicts you may have with your team coach. Appropriate attire is required for practice, keeping in mind that safety and comfort are primary.

Athletes are required to have a yearly physical before they can practice or compete. The medical form must be current, less than one year old.

PLEASE BRING A COPY OF YOUR ATHLETE'S CURRENT MEDICAL FORM TO GIVE THE COACH ON THE FIRST DAY OF PRACTICE. A COPY IS REQUIRED FOR EACH SPORT (i.e. participation in softball and swimming will require two copies—one for the softball coach and one for the swimming coach and so on) PLEASE RETAIN THE ORIGINAL TO MAKE COPIES AS NEEDED FOR ADDITIONAL SPORTS.

How to access the physical form:

Visit www.cfisd.net (Click Departments, click Curriculum and Instruction, scroll down and click Special Education, and then click Special Olympics) to print out a copy of the physical form. Only the form (2pgs) developed specifically by and for Special Olympics located on the website will be accepted. Athletes with Down syndrome and diagnosed with Atlanto-Axial Instability are also required to sign the special release which is located on the district website as well. Please call if there are any difficulties accessing these forms and one will gladly be mailed to you.

Sincerely,
Cindy Macha