

Cypress-Fairbanks Independent School District
Special Olympics

February 6, 2012

Dear Parents and Athletes,

Track, our final sport for the 2011-2012 school year, is approaching. The entries for the mandatory St. John's Meet are due the 2nd week of practices; therefore, we will "hit the ground running" timing athletes for their events. For this reason, those interested in participating in track, please make every effort to attend practice from the start. More detailed practice and competition information provided as the season progresses.

Track Schedule Highlights:

1st Practice: Monday, March 5, 2012

Practice Days: Monday and Thursday

Time: 5:30pm to 6:30pm

Location: Cy-Fair High School Track

Important Dates: Mar 22 Entries for St. John's Meet due

Mar 22 Final acceptance date for new athletes and still attend competition

Mar 26-29 No practice-District wide testing

April 2 Entries for Area Meet due

April 14 St. John's Meet (mandatory)

April 23-26 No practice-District wide testing

May 19 Area Meet—Turner Stadium, Humble ISD

The St. John's Meet serves to provide preliminary times for the Area Meet competition; therefore, March 22nd is the final practice for an athlete to enter the track season and still attend competition. Athletes entering after March 22nd are welcome to practice but will not be entered in competition.

Attendance on a regular basis is mandatory. Practices will be held at Arnold Middle School in the event inclement weather (rain) or conflicts with campus activities.

Appropriate attire (i.e. shorts, shirt, and athletic shoes) is required for practice, keeping in mind that safety and comfort are primary. Bring a filled water bottle.

Athletes will need to submit a **COPY** of their current physical prior to participating. See below for additional information about forms.

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 from the doctor's date on the second page.

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.

See you on the track,
Cindy Macha
CFISD Special Olympics Coordinator
281.213.1946