

**Cypress-Fairbanks Independent School District
Special Olympics**

*Rene' Zelt
281-213-1962
Program Coordinator*

July 27, 2009

Dear Parents,

I hope you and your family are enjoying some rest and relaxation. In preparation for the 2009-2010 school year the following information will be helpful to you as you begin to plan for Special Olympics Swimming and Softball.

Please be reminded that your child is required to have a yearly physical before they can compete or practice. The medical form must be current, less that one year old. You can visit the website at www.cfisd.net (Click on Departments, then click Curriculum and Instruction, scroll down and click on Special Education, and then click Special Olympics) to print out a copy of the physical form. You must use the current form that is developed for Special Olympics, so if you are unable to print one off, please call me and I will send one to you in the mail. If your child has Down Syndrome and has been diagnosed with Atlanto-axial instability, you are required to sign the special release which is located on the district website as well.

Softball practice will begin Wednesday, August 19th, at Cy-Falls High School. Softball practice will be every Monday and Wednesday from 6:00 p.m. until 7:00 p.m. Plan your practice schedules accordingly through the area tournament which is scheduled for October 10, 2009 at Collins Park. A complete schedule will be available on the first day of practice.

Swimming practice will begin Thursday, August 13th at Cy-Falls High School and will continue every Tuesday and Thursday from 5:00 p.m. to 6:00 p.m. for Level I Swimmers and 6:00 p.m. to 7:00p.m. for Level II Swimmers. Please plan your practice schedules accordingly through the area meet which is scheduled for October 3rd, in Galena Park for Level I and Level II swimmers. Your coaches will have a complete schedule of times and events when practice begins.

The following guidelines are used in determining your athletes swimming level:

Level I from 5:00-6:00

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

Level II from 6:00-7:00

- Can swim 25 yds. or more without assistance
- Were entered in Level II skills (freestyle, backstroke 25 yds. or greater)
- Have prior aquatics experience in either Special Olympics or an organized swim program
- Are independent in the water
- Can participate in a group setting with minimal adult supervision

An athlete's attendance at practice is very important to their success; therefore, being at practice and timely arrival are critical. Please discuss any conflicts you may have with your team coach. All athletes need to be dressed appropriately for practice, keeping in mind that safety and comfort are primary. Athletic shoes with socks, shorts and tee shirts for softball and swim suit, cap and goggles for swimmers. All athletes must have a current medical on file in order to practice and compete.

PLEASE BRING A COPY OF YOUR ATHLETE'S CURRENT MEDICAL AND GIVE TO THE COACH FOR EACH SPORT YOUR ATHLETE WILL PARTICIPATE IN. PLEASE RETAIN THE ORIGINAL TO MAKE COPIES FOR ADDITIONAL SPORTS YOUR ATHLETE WILL PARTICIPATE IN. Remember, physical forms may be accessed on the district website.

Sincerely,
Rene' Zelt
Coordinator for Special Olympics