

Special Olympics Texas  
Cypress-Fairbanks ISD  
2020 Track & Field

Dear Parents and Athletes,

Track, our final sport for the 2019-2020 school year, is quickly approaching! We will be practicing on Thursdays only in February, and then Mondays and Thursdays beginning on March 2nd. Please make every effort to attend practice during February as events and times will be determined. More detailed practice and competition information provided as the season progresses.

Track Schedule Highlights:

- 1st Practice: Thursday, Feb 6th
- Practice Days in Feb: Thursdays only
- Practice Days in March & April: Mondays & Thursdays
- Time: 5:30 pm to 6:30 pm
- Location: Cy-Fair High School track

Important Dates:

- Mar 5<sup>th</sup> Final acceptance date for new athletes and still attend competition
- Mar 9<sup>th</sup> & 12<sup>th</sup> Spring Break, no practice
- Mar 16<sup>th</sup> Entries for St. John's Meet due
- April 3<sup>rd</sup> St. John's Meet (mandatory to compete at Spring Games competition)
- April 6<sup>th</sup>, No practice, due to STAAR testing
- April 25<sup>th</sup>, 2020 East Region Spring Games, location TBA

The St. John's Meet serves to provide preliminary times for the Region Spring Games competition, Therefore, March 5<sup>th</sup> is the final practice for an athlete to enter the track season and still attend competition. Athletes entering after March 5<sup>th</sup> are welcome to practice but will not be entered in competition.

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 that 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 track and swimming will require two copies—one for the track 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:

[http://www.cfid.net/files/2414/2177/5285/sotx\\_athlete\\_medical\\_form\\_2015.pdf](http://www.cfid.net/files/2414/2177/5285/sotx_athlete_medical_form_2015.pdf)

\*Sincerely,

Melissa Mckay, CFISD Special Olympics Coordinator

Office: 281-213-1946

Cell: 281-467-9395

---

Practice Addresses:

Cy-Fair High School 22602 Northwest Fwy Cypress, TX 77429

Arnold Middle School 1111 Telge Rd. Cypress, TX 77429 (inclement weather location)

Competition Addresses:

St. John's School 2401 Claremont Ln. Houston, TX 77019

Spring Games location TBA

(A bus is provided for athletes and coaches)