

# **CFISD Special Olympics**

## **2024 Track & Field**

Dear Parents and Athletes,

Track, our final sport for the 2023-2024 school year, is quickly approaching. We will begin on Wednesday, February 21<sup>st</sup>, but this will be our only Wednesday practice. Practice days will begin February 26<sup>th</sup> and will be on Monday and Thursdays for the remainder of the season. Please make every effort to attend these practices as this is when events and times will be determined. More detailed practice and competition information will be provided as the season progresses.

### **Track Schedule Highlights:**

- **1st Practice: Wednesday, February 21, 2024**
- Practice Days Mondays and Thursdays, February 26<sup>th</sup>—April 18<sup>th</sup>
- Time: 5:30 pm to 6:30 pm
- Location: **Aragon Middle School track**

16823 West Rd. Houston, TX 77095

### **Important Dates:**

- March 7<sup>th</sup>-- Final acceptance date for new athletes
- March 11<sup>th</sup> & 14<sup>th</sup> Spring Break, no practice
- April 20, 2024—East Region Spring Games/Track Meet at Robert E Lee High School 1809 Market St, Baytown, TX 77520

More details will be given closer to the meet

**\* Athletes entering after March 7th are welcome to practice but will not be entered in competition. \***

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 for your athlete to practices. Practice is outside so dress accordingly.

All athletes will need to submit a copy of their current physical prior to participating. 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 fifth page. All five pages must be filled out completely and signed by a physician in order to participate in the practices. If your athlete has participated this year, their medical is current and good for all sports they choose to participate in.

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).

If you have any questions, please let me know! I am attaching a copy of the athlete medical to this email or it can be accessed at the link:

<https://www.sotx.org/become-an-athlete>

Sincerely,

Melissa Mckay

CFISD Special Olympics Coordinator

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