

**Special Olympics Texas
Cypress-Fairbanks ISD
2019 Track & Field**

Dear Parents and Athletes,

Track, our final sport for the 2018-2019 school year, is quickly approaching! We will be practicing on Thursdays only in February, and then Mondays and Thursdays beginning on March 4th. 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 7

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- unless otherwise noted.

Important Dates:

Feb 14	Conflict at Cy-Fair track, practice at Arnold MS
Mar 11 & 14	Spring Break, no practice
Mar 18	Final acceptance date for new athletes and still attend competition
Mar 19	Entries for St. John's Meet due
April 1	Conflict at Cy-Fair track, practice at Arnold MS, hand out uniforms
April 6	St. John's Meet (mandatory to compete at Area competition)
April 8	No practice, due to STAAR testing
April 18	No practice, Happy Easter!
April 27	Area Spring games—Strake Jesuit School

The St. John's Meet serves to provide preliminary times for the Area Spring Games competition; therefore, March 18th is the final practice for an athlete to enter the track season and still attend competition. Athletes entering after March 18th 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.cfishd.net/files/2414/2177/5285/sotx_athlete_medical_form_2015.pdf

Sincerely,

Darci Garcia
CFISD Special Olympics Coordinator
281.213.1946 office
281-513-6684 cell

Practice Addresses:

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

Arnold Middle School
1111 Telge Rd.
Cypress, TX 77429

Competition Addresses:

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

*Strake Jesuit School (subject to
change)
8900 Bellaire Blvd.
Houston, TX 77036

*A bus is provided for athletes and coaches.