

**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:**

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

**TX**

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](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

\*Robert E. Lee High School  
1809 Market St.  
Baytown, TX 77520

\*A bus is provided for athletes and coaches.