



Community Day Track and Field

MCSTF

- **Times**—4:00 to 5:30 PM Pickup is promptly at 5:30 PM

- **Wed, Thursday, Friday.**

- *Thursday Meets*

◆ **FUN FOR EVERYONE!!!**

- **\$35 Athletic Fee**

- *Begins April 13th*

Practices will take place at CDCPS

Meets will be in Marblehead, MA

Community Day is proud to offer Track and Field this Spring. Track and Field will be a league sport and is for anyone in the 5th through 8th grades.

Students can compete in sprint or distance events. As well as, field events which include the Long Jump and the Shot Put (Throwing a 6 lb iron shot)

Each student can compete in 2 running events (not including relay) and 1 field event.

There is a race/ or field event from everyone. You may not be the fastest person, but you may be very strong. Shot Put would be for you. You might be very fast, but can't run for very long. (Sprinter) or you may be quick and don't ever get tired (distance runner) Track is a fun team sport.

We will be in the North Division and compete in 4 meets during late April/ May and a final championship meet in early June.

Events (all running events in meters): 100, 200, 400, 800, Mile, 4x100 relay: Shot Put and Long Jump

Anyone interested in signing up please fill out the attached sheet and return it to the Upper or Lower School office as soon as possible.

If there are any questions, please contact Mr. Lahaye or Mr. Luong at 978-682-6628.



Community Day
Track and Field

MCSTF

CDCPS Athletic Department
Track and Field Permission Form

Name _____ Grade _____ Telephone _____
Address _____ Cell phone _____
Parent/Guardian's Name _____
Emergency Contact Person _____ Telephone _____
Family Doctor _____ Telephone _____
Family Medical Insurance _____ Policy No. _____

I understand there is an inherent risk in playing interscholastic sports and the range of injury can be minor to severe. It is further understood that in case of injury, the school is responsible only for first aid treatment. I do give permission to CDCPS Staff to seek medical attention if such a time warrants. I also understand that all equipment issued is property of the Community Day Charter Public School and is to be returned within 24 hours of the season close or I will assume the current replacement cost. To my knowledge, my son/daughter have not been treated for any pre-existing medical condition that could be aggravated by participating in interscholastic athletics.

I/We also give permission for my/our child to be transported to and from any athletic event. I understand the department policy will be to provide transportation by school bus or van, but in the event a bus or van is not available, private transportation may need to be used. These vehicles will be driven by responsible adults (parents of athletes or coaches), and they cannot be held responsible for any accident or injury that might occur.

In addition, we acknowledge that Community Day Charter Public School does not always provide transportation to all games and therefore, I may be required to arrange for transportation.

I/We are aware all athletes must meet all academic and behavioral requirements of CDCPS to remain in good standing on CDCPS teams. Any student that does not meet those requirements may be suspended from practices and games due to not meeting those requirements. In certain situations, dismissal from the team could result.

Finally, I am aware that the athletic fee for the entire 2011 season is \$35.00.

I have read the above requirements and the Track Information provided, understand and agree to their terms and will help my son/daughter to carry out his/her responsibilities as a CDCPS student/athlete.

_____ has my permission to participate in Ultimate for the 2011 season and I agree to all of the above requirements.

Parent Signature _____ Date _____