



## CDS TRACK & FIELD RUNNING CLUB 2020

Dear Parents,

Your child is interested in participating in the introductory season of Track & Field. The season is five (5) weeks including practices and four (4) meets. The 4<sup>th</sup> & 5<sup>th</sup> grade athletes will make up the Track & Field Running Club and middle school athletes make up the Track & Field Team. All athletes will be participating in the meets at Berkeley Preparatory School as the CDS team. The running club fee is \$125.00. You will be billed for this amount through FACTS. Our team uniform is CDS P.E. shirts or red singlets and CDS P.E. shorts. Please attend the 1<sup>st</sup> practice in order to be on the team roster. We will meet at 3:15 pm by the 4<sup>th</sup> and 5<sup>th</sup> grade pods for practices and will be walked over to the sports fields.

All participants must have the following forms on file in Magnus Health:

- **4th and 5th grade** students in running club and track and field must have a current physical on file (within the last twelve months prior to the start of the season)
- CDS Sports Conduct Form [**Grades 4 - 12**: due annually at the start of every school year, before student's first day of practice - students must sign also]

Please check with Jill Bondurant at ext. 452 or [jbondurant@carrollwooddayschool.org](mailto:jbondurant@carrollwooddayschool.org) for any paperwork information.

**All meets will be at Berkeley Preparatory School. Due to school traffic and parking, spectators are asked not to arrive at the meets until after 3:45 pm. The meets will begin at 4:00 pm.**

The first and third meets for boys and girls will include the 1 mile, sprint medley, 60 meters, 4X100 relay, 400 meters, 4X200 relay & field events; the second and fourth meets will include the 800 meters, 4X200 relay, 100 meters, sprint medley, 200 meters 4X100 relay & field events. They will run in the order listed. An athlete may be entered in no more than four (4) events including the field events. Athletes will sign up weekly for events and once they have placed in a meet they will be in that event the following week. More information to follow via emails after the first few practices.

Field events will be held at every meet and include: running and standing long jumps (Varsity & JV); shot put and discus (Varsity only). Varsity: 8<sup>th</sup> graders and anyone 13 years old before February 1. All other athletes are JV.

Bus transportation will be provided to the meets **but parents will need to pick up at Berkeley Prep**. There will be no transportation back to CDS. Athletes may leave after their events are over and they must check out with the Coach Hawkins on the bleachers.

Please make sure your child comes prepared for any type of weather (**sweat suits** or ponchos). Parents may bring food to the meet or the snack bar should be open. Please use judgment on the amount and types of food that your child will need.

We would like to have parent volunteers donate healthy foods/snacks for our meets. Parents will be emailed after the 1<sup>st</sup> practice to coordinate dates and snacks. Please keep in mind that we have peanut allergies when donating snacks. Families and athletes congregate together in the bleachers. ***We must watch all events from the bleachers. Children/athletes are not allowed to play around or under the bleachers, on the practice fields, or on any equipment.***

At each meet, we need at least **one parent volunteer to be a timer at the finish line**. Please make a note that the races will not start until we get enough volunteer timers.

- *Some meet dates may vary depending on BP high school soccer.*
- *Practice will be held on the Wagner Athletic Complex and South Beach.*
- *Practice pick up is at 4:45 pm by the Hayes Family Gymnasium. If your child goes to aftercare please email Coach Hawkins at [nhawkinspe@carrollwooddayschool.org](mailto:nhawkinspe@carrollwooddayschool.org)*

### **Track & Field Schedule**

#### **Girls Practice Dates**

**Pick up is at 4:45 pm**

January 27 & 28

February 4, 10, 18, & 24

#### **Boys Practice Dates**

**Pick up is at 4:45 pm**

January 30 & 31

February 6, 12, 18 & 26

#### **Girls Meet Dates**

February 5, 11, 19, & 25

#### **Boys Meet Dates**

February 7, 13, 20, & 27

Thanks,  
Coaches Hawkins, Smith, Tippett, and Wodrich