



CDS TRACK & FIELD 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 4th & 5th 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 as the CDS team. The middle school runners may do track as well as baseball, softball, street hockey and tennis. There is a \$175.00 athletic fee. You will be billed for this amount through FACTS. Our team uniform is the CDS P.E. shirt or red singlet and CDS P.E. shorts. Please attend the 1st day of practice in order to be on the team roster.

The FHSAA and CDS forms required for all middle and high school student-athletes to participate in practice or competition of interscholastic sports are listed below. The following forms are required for participation in athletics and **must be renewed each school year. Please submit the forms via Magnus Health.**

- [FHSAA Preparticipation Physical Examination](#) [Grades 6 - 12: due annually before practice starts or expiration of previous form]. **The form is to be uploaded to Magnus Health.**
- [FHSAA EL3 Consent and Release Form](#) [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. **The form is to be uploaded to Magnus Health.**
- [CDS Sports Conduct Form](#) [Grades 4 - 12: due annually at the start of every school year, before student's first day of practice]. The form is to be uploaded to Magnus Health.
- [Athlete Authorization/Consent for Disclosure of Protected Health Information](#) [Grades 6 - 12: due annually at the start of every school year]. **The form is an electronic signature form on Magnus Health.**

Mandatory Sports Injury Prevention Videos

The FHSAA requires all **student-athletes** to complete the following videos before they are eligible to participate in sports. This is a yearly requirement. **There is no fee to order/take these courses. Students should set up their own accounts** in order to be able to print the certificates with their names on the certificates. **Please submit the forms via Magnus Health.**

- **“Concussion in Sports”** What You Need to Know” or “Concussion for

Students” video certificate of completion [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. This video can be viewed at www.nfhslearn.com and the certificate can be printed at the conclusion of the video exam.

- **“Sudden Cardiac Arrest”** video certificate of completion [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. This video can be viewed at www.nfhslearn.com and the certificate can be printed at the conclusion of the video exam.
- **“Heat Illness Prevention”** video certificate of completion [Grades 6 - 12: due annually at the start of every school year, before student's first day of practice]. This video can be viewed at www.nfhslearn.com and the certificate can be printed at the conclusion of the video exam.

Please check with Jill Bondurant at ext. 452 or 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: 8th 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**. 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 1st 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 study hall please email Coach Hawkins at nhawkinspe@carrollwooddayschool.org*

Track & Field Schedule

Girls Practice Dates

Pick up is at 4:45 pm

January 27 & 28

February 4, 10, 18, & 24

Girls Meet Dates

February 5, 11, 19, & 25

Boys Practice Dates

Pick up is at 4:45 pm

January 30 & 31

February 6, 12, 18 & 26

Boys Meet Dates

February 7, 13, 20, & 27

Thanks,

Coaches Hawkins, Smith, Tippett, and Wodrich