



**CARROLLWOOD DAY SCHOOL
ELEMENTARY COED TRACK & FIELD
2024**

Dear Parents,

Is your child interested in the elementary coed track & field program? The elementary coed track & field program is for 1st & 2nd grade and 3rd-5th grade students. The season starts November 4 and late January. Coach Tippett and Coach Hawkins will be the coaches and they are also the middle school track coaches. We will cover sprints, mid-distance, relays, standing and running long jumps, shot put, and discus (3rd-5th). We will finish the season with a track meet placing the top 3 boys and top 3 girls in each category. Due to coaching ms track conflicts, we added a few Fridays to the schedule.

There is a \$175.00 athletic fee to participate in coed track & field. SIGN UPS are through Veracross. Please wear CDS-appropriate workout shorts and a shirt with tennis shoes. The athletes will receive a dry-fit athletic shirt during the season. The dry-fit shirt can be worn to practice or to school on Spirit Day Friday. Track & Field will be on south beach and the Pavilion. Pick up for track will be the elementary carline.

To participate in coed track & field students and parents should understand eligibility requirements and information.

- Athletes must demonstrate a cooperative, motivated, well-behaved spirit in all school areas.
- Our goal is developing skills, teamwork, good sportsmanship, and having fun!
- **TeamSnap is the way that CDS athletics communicates with the teams. You will receive an invitation to TeamSnap. Please download the app and accept the invite.**

3rd-5th Grade Coed Track & Field Schedule Practice time: 3:30-4:30

Wednesday & Thursday

November 6, 7, 13, 14, 20, 21

December 4, 5, 11, 12, 18, 19

January 8, 9, 15, 16

1st-2nd Grade Coed Track & Field Schedule Practice time: 3:30-4:30

Monday & Tuesday

November 4, 5, 12, 15, 18, 19

December 2, 3, 9, 10, 16, 17

January 10, 13, 14, 17

Please pick up your athletes at the elementary carline at 4:30 pm. Athletes who are not picked up within 10-15 minutes of the designated pick-up time will be signed into *After Care*. A parent/guardian must pick them up from *After Care*. There is a separate hourly fee for *After Care* and you will be billed at the end of the month.

We look forward to a super season! Thanks for supporting our elementary athletic program.

Nayda Hawkins

Elementary A.D./PE Teacher nhawkinspe@cdspatriots.org