CFISD Special Olympics

2025 Track & Field

Dear Parents and Athletes,

Track, our final sport for the 2024-2025 school year, is quickly approaching. We will begin on Wednesday, February 26th! Practice days will begin February 26th and will be on Monday and Wednesdays for the remainder of the season. Please make every effort to attend these practices as this is when events and times will be determined. More detailed practice and competition information will be provided as the season progresses.

Track Schedule Highlights:

- **1st Practice: Wednesday, February 26, 2025**
- Practice Days Mondays and Wednesdays, Feb. 26th—April 23rd
- Time: 5:30 pm to 6:30 pm
- Location: **Aragon Middle School track**

  16823 West Rd. Houston, TX 77095

Important Dates:

- March 5th-- Final acceptance date for new athletes to compete
- March 10th & 12th Spring Break, no practice
- April 26th—Area Competition/Meet

More details will be given closer to the meet

*** Athletes entering after March 5th are welcome to practice but will not be entered in competition. ***

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 for your athlete to practices. Practice is outside so dress accordingly. And there is no restroom available during practice.

All athletes will need to submit a copy of their current physical prior to participating. Athletes are required to have a yearly physical before they can practice or compete. The medical form must be current, less than one year old from the doctor's date on the fifth page. All five pages must be filled out completely and signed by a physician in order to participate in the practices. If you r athlete has participated this year, their medical is current and good for all sports they choose to participate in.

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).

If you have any questions, please let me know! I am attaching a copy of the athlete medical to this email or it can be accessed at the link: https://www.sotx.org/become-an-athlete

Sincerely,

Melissa Mckay

CFISD Special Olympics Coordinator

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