

GEARING UP FOR TRACK SEASON

Your child has expressed an interest in being on the school track and field team. Students in grades 4-5th will be eligible to compete in elementary school meets and students in grades 6-8th will be eligible to compete in middle school meets. Training and events will focus on sprints and shot-put. **Practices for all grades will be held on Monday, Wednesday and Fridays from 3:30 – 4:30 pm and will begin March 1.** Your child will be expected to attend these practice times.

The coaches for the track team are Hilary Ball and Sam Heldman. If you have questions please contact them at hilaryball@gmail.com, 202-965-8884 or contact Sally Hunsberger at sallyhunsberger@juno.com, 202-232-0858.

The **following forms MUST to be filled-out** and returned to the Adams office or Ana Martinez (PE teacher) (forms are attached).

1. Athletic Data and Emergency Treatment Information
2. Consent Form for Athletic Participation
3. Agreement to maintain good academic standing-sign by student and parent
4. Health form filled out by doctor within the last year (We will pull those forms from nurse and let you know if you need a new one or if it's incomplete.)

***Note:** If your child has not had a physical within the last year, please make an appointment now. Also, the doctor needs to have marked the box clearing the child for competitive sports. This failure to check this box is usually the reason that prevents our athletes from being able to compete.*