

# AFTER SCHOOL SPORTS OPPORTUNITY



## Track & Field



3<sup>rd</sup> – 8<sup>th</sup> Grades

**Track and Field (3<sup>rd</sup> – 8<sup>th</sup> Grades)**

Tuesdays and Thursdays (Feb. 21 – Mar. 31)

Whitcomb Field, 3:15 – 4:15 PM

Instructor: **Lauren Cox**

Ms. Lauren, now in her fourth year as our track coach, is an experienced athlete and Track & Field runner. Students will learn exercises and techniques to get them prepared for competitive races. Optional invitational Track Meet @ Mt. SAC on March 30<sup>th</sup> (for 6<sup>th</sup>-8<sup>th</sup> grades) and March 31<sup>st</sup> (for 3<sup>rd</sup>-5<sup>th</sup> grades). We also plan to compete in the APU and Damien track events, but those dates are not available at this time.

Registration must be turned in to the school office  
***no later than Friday – February 17, 2012.***

*Fees **include** Team T-Shirt that can be worn to all track & field meets as well as at school on Wednesdays for casual dress days.*

Child's Name: \_\_\_\_\_ Teacher \_\_\_\_\_  
*(1 slip per child)*

T-Shirt Size \_\_\_\_\_ Child Med \_\_\_\_\_ Child Large  
*(Please check one)* \_\_\_\_\_ Adult Small \_\_\_\_\_ Adult Medium  
\_\_\_\_\_ Adult Large \_\_\_\_\_ Adult XL

Day(s)	Dates	Class	Cost
Tuesdays and Thursdays	Feb 21 <sup>st</sup> – Mar. 31 <sup>st</sup>	Track & Field (@ Whitcomb)	90.00
		T-Shirt Fee	<u>10.00</u>

**TOTAL DUE: \$100.00**

\_\_\_\_\_ Bill my account      \_\_\_\_\_ Check attached

I would like \_\_\_\_\_ to participate on the Track Team. I understand I will need to pick my child up on time at the end of practice to avoid child care charges.

**Parent Signature:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_