



Columbia Catholic School Tigers Track & Field

Dear Parents and Athletes:

C.C.S. Tiger Track is starting! The track & field program is available for all students in the 5th through 8th grades. There are other sports such as soccer, baseball, and softball starting but don't let that stop you from representing CCS on our Track and Field team. The practices are structured so that they won't interfere with your other activities. Remember, there are track records on the board to break, and only you can break them!

We are getting a later start than usual, but we will have a full track season. **Athletes need to come to the gym after school Friday, March 12 at 3:30 for a brief, "no longer than 15 minutes" meeting/practice.** At 4:00 any athletes still remaining will be checked into ASCC.

At this first practice bring your signed permission slip with you if you want to participate (see permission slip attached below). Due to MSHSAA rules, any **7th or 8th grade** athlete will need to have a physical, if you have not had one for this years' athletic season (the physical for basketball will cover both). 5th and 6th grade runners do not need physicals. Please turn your physicals in to the school office ASAP. If, due to previous plans, you cannot attend this first practice, please insure that you drop off the signed permission slip at the school office by **Monday, March 15th.**

Up until Spring Break, we will have practice Monday through Friday at 3:30 at the CCS track. Practices will last approximately 30 to 45 minutes. On days with inclement weather, we will meet in the school gymnasium at 3:30 for a "very short" track practice. On days when we practice outside, athletes will be checked into ASCC at 4:30. On days when we practice inside, athletes will be checked into ASCC at 4:00. Also, practices will take place every Sunday, through the last meet, at 4:00 p.m. (unless later changed) at Rock Bridge High School Track. There may also be a possibility of optional practices during "spring break". We will let you know about those at a later time. Once "spring break" is over and the track meets have started, we will only have practices on Wednesdays at CCS and Sundays at RBHS. Athletes should come prepared to workout and should dress according to the weather since we will be outside. **For 7th & 8th grades, if you want to participate in the meets, you are required to be at the practices, 10 practices are needed before the first meet.**

In addition, we have full track uniforms and gear that will be issued at a later date. The complete schedule of meets will come later. We plan on at least **3** meets for the 5th and 6th grade teams and at least **8** meets for the 7th and 8th grade teams.

Coaches this year include Barry Nichols, Amy Gundy and Dick Hessler. Coach Hessler has been the CTC track coach since the beginning of the program, almost 30 years. He is one of the top American marathon runners over 60. However, we need your help. If you have track and field experience, please consider helping at the Sunday practices. **Please pass on your gift, and join the CCS Tiger Track Team Coaching Staff for the love of the first sport, the true Olympic Sport; Track and Field. Contact us and help!**

Thank you for your interest in C.C.S. Tiger Track and Field,

Coaches: Dick Hessler, Barry Nichols, and Amy Gundy

(If you have any questions do not hesitate to call us, Barry Nichols 424-4988, Dick Hessler 874-2906)

If your child is interested in participating, please fill out and detach the portion below this line, and take to first practice or send to the CCS office.

PERMISSION FORM (C.C.S. TIGER TRACK & FIELD) PLEASE PRINT

I/We, the parents of, _____, request that my/our child be allowed to participate in the Columbia Catholic School track & field program. I/We give permission for my/our child to participate. I/We release Columbia Catholic School, the Superintendent of School's Office of the Diocese of Jefferson City and all of its official representatives from all liability in the case of accident or injury related to the track & field program.

Grade _____ Sex (circle) M / F

Parent's first names _____ Home Phone Number _____

Parent Signature _____ Date _____

Parent email address (**PLEASE PRINT CLEARLY**) _____