

Track Registration Form Kindergarten- Seventh Grade



- Season: Monday, February 4– Saturday, April 13
- Practice Schedule: Mondays and Wednesdays
3:15 – 3:45 (No Practice on School Holidays)
- Team Fees: \$45 registration fee
\$14 uniform fee (each athlete will own/keep their jersey; if the athlete has purchased a jersey from a previous track or cross country season they may use the one they have)
- Practice Attire: T-Shirt, Shorts, Socks, and Running Shoes
- Meet Attire: School Issued Running Jersey, Navy or Black Shorts, Socks, and Track or Running Shoes

This year during track the athletes will learn proper running mechanics, effective race tempo, and increase strength and conditioning. My goal is for the team to participate in several meets throughout the season and encourage the team to participate in local races on the weekend. Weekly recreational running is highly recommended to improve endurance and speed. The form below must be completed and returned with payment no later than Friday, February 1st in order for your athlete to participate in track. Questions: Please contact Morgan Spencer at [mspencer@cedarwoodscool.com](mailto:m Spencer@cedarwoodscool.com)

-----Cut out and return to school-----

K -7th Grade Cross Country Registration

Please submit fee due with this Registration Form. Otherwise payment will be deducted by implementing your Direct Payment Authorization on file with the Financial Office.

- Athlete's Name: _____ Grade: _____
- Parent's Name: _____ Email: _____
- My child needs a jersey. Jersey Size: _____
- My child already has a Cedarwood Track/Cross Country jersey.

***Please review the attached schedule and check off the meets you would like for your child to attend. Please note- in order to be a part of the team, and to be eligible to be recognized in the spring athletic banquet, athletes must participate in at least 75% of league sanctioned events (with the exception of seventh grade students.)**

My athlete has permission to be a member of Cedarwood's Cross Country team. I understand that participation on the team is a commitment and my athlete will attend weekly practices and scheduled meets. My athlete also has permission to attend away meets. I understand that it is my responsibility to see that my athlete is safely transported to each meet and picked up after each practice/meet. I understand that my athlete must attend school on the days of practice and meets in order to participate in that day's scheduled practice/meet. I understand that this school activity will be directly conducted and supervised by the coaching staff or volunteer staff of Cedarwood School. In the event of an emergency, I understand that the school will make an immediate attempt to contact a parent. If a parent cannot be reached, the emergency numbers on my child's record will be called. If this fails, the director or teacher on duty will take the child to the doctor on record or to the nearest medical facility.

Parent Signature: _____ Date: _____

Track Meet Schedule 2019

- _____ Saturday, February 23, 2019 – Trafton Academy Season Opener
Southeastern Louisiana University's New Track and Field Complex
10am & 12:00 pm Running
All Divisions
- _____ Wednesday, February 27, 2019 – Christ Episcopal-Trafton Academy Sub-Elementary/Elementary
Christ Episcopal's New Track and Field Complex in Madisonville
6:00 pm Running
Sub-Elem/Elem. Girls/Boys
- _____ Saturday, March 16, 2019 – Trafton Eagle Invitational
Southeastern Louisiana University's New Track and Field Complex
10am & 12:00 pm Running
All Divisions
- _____ Saturday, March 30, 2019 – Trafton Rory Caulfield Invitational
Southeastern Louisiana University's New Track and Field Complex
10am & 12:00 pm Running
All Divisions
- _____ Saturday, April 6, 2019 – Tangi Tourism Invitational
Southeastern Louisiana University's New Track and Field Complex
10am & 12:00 pm Running
- _____ Saturday, April 13, 2019 – NIAL Track and Field Championships
Southeastern Louisiana University's New Track and Field Complex
10am & 12:00 pm Running
All Divisions

Divisions:

- Junior High** (JH=7th & 8th Grade Athletes)
- Middle School** (MS=5th-6th Grade Athletes)
- Elementary** (Elem=3rd-4th Grade Athletes)
- Sub-Elementary** (SE=2nd grade and below Athletes)