

Track and Field Permission Slip

Dear Parent/Guardian,

Your child has the opportunity to participate in our school's Track and Field program this year. Those who qualify will go to the meet. Please see the practice schedule on the back of this form. This is a great chance for students to engage in physical activity, develop athletic skills, and experience the spirit of teamwork and sportsmanship.

- **Requirements for Participation:** Students must wear appropriate athletic clothing and running shoes.
- Students should bring a water bottle and any necessary personal items (e.g., sunscreen, hat).
- Students must demonstrate good sportsmanship and follow all event rules and safety guidelines.

Please complete and return the form below by April 7, 2025

Track and Field Permission Form

Date: _____

I, the parent/guardian of _____ (Student's Name), give permission for my child to participate in the Track and Field program.

Emergency Contact Information:

- **Parent/Guardian Name:** _____
- **Phone Number:** _____
- **Any relevant medical conditions or allergies:**

- **Parent/Guardian Signature:** _____

Track & Field Prac. Schedule

Track and Field Practice Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--------|---|--|--|--|
| Before School | | | | | |
| Lunch 12:25 – 12:55 | | High Jump Ms. Steffich | | High Jump Ms. Ohare | |
| After school 2:35 – 3:05 | | Shot Put Mr. Beckman Short Distance Ms. Robertson Long Distance Ms. Burns | Long Jump Macdonald/ McMeekin | Shot Put Mr. Beckman Long Jump | Short Distance Adam Robertson Long Distance Ms. Burns |