

SMS Track Club

Dear Parent or Guardian,

Sebastian Middle School will begin our Track training on Tuesday, February 26, 2019. The team is designed for all levels of runners to promote physical fitness. We will introduce students to various track and field events, as well as goal-setting and competition. We will train on Tuesdays after school until 3:30pm up until Spring Break, and on Tuesdays and Fridays following Spring Break. There is an Activities Bus that departs SMS at 3:30pm on Tuesdays, but students will need to provide their own transportation home on Fridays. Students can be picked up in the back bus loop at 3:30pm. Students also need to supply their own running shoes and practice clothes. The team will participate in 2-3 meets after school and/or on weekends in March and April (dates TBD). Runners will need their own transportation to and from meets. If you have any questions, please feel free to contact Coach Rachel Mathis at Rachel.Mathis@stjohns.k12.fl.us.

Students must have a current physical on file dated within one year to participate.

Save this part of the form for future reference.

Cut here-----*Cut here*

Sign this part of the form and return it to Coach Mathis.

My Son or Daughter _____ has permission
Student Name

to participate in the SMS Track Club.

In an emergency, please contact:

Name: _____ Phone: _____

Parent/Guardian Signature: _____ Date: _____

Parent's Email: _____

Please return to Coach Mathis on the first day of practice, February 26.