

To: FMCS PARENTS AND STUDENTS

Hello!

Mrs. Harriott would like to start track & field. (starts March 5)

At this time, we usually ask students to sign up for track & field for Grades 1-8; however, in order for this sport to happen **we need parent volunteers**. **Parents it's up to you!** **There is a \$50.00 Fee. Please make checks payable to FMCS.**

Example of Events: (Parents please sign up next to the events you would like to help with)

- **Running long Jump** _____
- **Standing long jump** _____
- **50 meter dash** (sprints) _____
- **100 meter dash** _____
- **½ mile** _____
- **Mile** _____
- **Softball Throw (Long Throw)** _____

You will need:

- **Shorts**
- **T-shirts/ shirts**
- **Sneakers for running (running shoes)**
- **Water Bottle**
- **Snack**
- **Sunscreen and hat**

EXPECT the weather conditions to be HOT!

Practice starts at 3:00pm right after school. Students are usually picked up at 2:45 by the volunteers. There should be enough time for students to change into their outfits. Middle School students will need to meet us at the field by 3:15.

Practice will be on Mondays, Tuesdays and Thursdays and about one hour long. If you have any questions, please call Nadine Harriott: 239-826-1024.

If, you are interested in volunteering for track and field, please sign, return, and indicate what grade level. If, you can not volunteer your child can still participate in track & field. Just sign him / her up.

Please Sign Form
And return by February 29, 2012

Please Print

Parent Volunteer _____

(If you are volunteering, please sign your name next to the activity (on the first page) you would like to help with during most practices. The activities are: Running long jump, standing long jump, sprints, and softball throw. We will rotate every 15 minutes.)

Help will be needed in these areas:

- Pick-up student & take to gym lobby to get changed _____
- Clean up (trash, cones, softballs, etc) _____
- Drop off students in aftercare _____

Parent (print) _____

Parent Signature _____

Grade Level _____

Students Name _____

Home Phone _____ Cell _____

E-Mail _____

Check One \$50.00 CASH _____ OR CHECK _____

NOTICE TO PARENTS:

If your child is not picked up by 4pm, they will be sent to aftercare.

On Mondays, Tuesdays and Thursdays we will need help in these areas:

- Pick up students at 2:45 and walk to gym lobby restrooms to get changed. (all students need to take their belongings out to the field)
- A cooler needs to be filled with water and ice and then taken out to the field across from aftercare. (a plastic milk carton to hold the cooler will be helpful)
- I will need small cups. (7oz size)
- 8-10 cones need to be brought out to the field.
- 3-6 softballs need to be brought out to the field.
- A couple of whistles for volunteers.
- Drop off aftercare students.
- Clean-up crew. (cones, cooler, cups will need to be put back in gym storage closet.)