



Welcome to Trinity Track and Field. We are very excited for our 4th year of competitive track and field. We will participate in the Central Florida Lutheran Athletic Association conference. Our big track meet is on Friday, March 8, 2019 in Ocala, FL at Brick City Adventure Park. Track and Field practices will be Tuesday, Wednesday and Thursdays from 3:15 – 4:15 at school.

Students should wear their PE uniforms and appropriate running shoes. No skateboarding shoes will be allowed. Students should also bring a water bottle.

Please sign the permission slip and return it to Mrs. Greenwald **NO LATER THAN JANUARY 30TH** in order to begin practicing!

Parents, if you are able to volunteer to help coach, move equipment or supervise during practices and the meet, please contact me at mgreenwald@trinity-rockledge.org

My child, _____ grade _____ has my permission to participate in Track and Field. I understand that this involves strenuous activity and that students not appropriately dressed or not following directions will not be allowed to participate.

Parent Signature

Date