

## SPRING TRACK

Dear Parents,

Let's go WFS Owls! We are proud to present another season of our spring track team. This team is for boys and girls in the fifth through eighth grades. Practices will be Monday through Thursday from 3:05- 4:30. The coaching staff understands that many of our students play other sports, but would still like to be part of their school team. Please don't let other commitments be the reason your child does not participate in track. We can find a way to make it work. The cost of the program is \$150 and this covers transportation to and from meets as well as uniforms and equipment.

All athletes must have running sneakers, athletic clothes and a water bottle to every practice. Please know the proper sneaker will help prevent blisters, achy feet and other issues associated with running. The Running Company of Haddonfield and Medford does an excellent job matching the athlete to the right sneaker. Uniforms will be distributed to the team and must be returned the Monday after the last meet.

**The medical forms that are required by the state for participation in middle school activities can be found on the school web site. Go to quick links at the top of the page and click on forms central. From there you will see athletic forms. You need to print out and fill out ALL FORMS. If your child already participated in WFS fall sports and their physical is good through June 1, 2018 you just need to submit the update sheet. If your child has not participated in WFS sports this year you must have the forms filled out and returned by March 4, 2019. Please note some sections are required to be filled out by your pediatrician. No exceptions. In most cases you can just drop the forms at the office and they will be filled out by the doctor and you will get a call to pick up. If your child has not had an exam or their exam has expired you will need to make an appointment with the doctor.**

Go WFS Owls!  
Christine Fennell

**Forms check list:**

**Registration form with payment**

**Health history questionnaire - filled out by parent**

**History Form- filled out by parent, but reviewed by doctor**

**Physical exam form with clearance**

**Concussion sign off**

**Cardiac sign off**

**Opioid sign off**

**All of these forms need to be returned to Mrs. Fennell by March 04, 2019. Please call me if there is a question about the forms. Every athlete must have forms to participate. Thank you for your understanding.**