



Sturgis Charter Public School
An International Baccalaureate World School



Season Information for Boys & Girls Track and Field

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Dear Parents & Student-Athlete,

Welcome to the **Sturgis West Track and Field season**. This season a Co-op team will run between East and West. Please take the time to read this season information letter carefully. There is a lot of information and we hope that this letter answers many of your questions. The official season begins on **Monday 18th March**. If you have questions feel free to contact the athletic office at any time.

Who can participate? This athletic season is open to grades 9-12. Sturgis has a no cut policy for its sports teams. We believe that the lifelong lessons imparted through an athletic program should be accessible to all. Individual students can focus on middle distance, sprints, throws and jump disciplines.

Practices There are a maximum of **5 scheduled practices/contests per week**. All athletes must attend every practice. Each student-athlete will need to bring **appropriate athletic footwear, clothing and water bottle**. If an athlete is unable to attend a practice, he / she should speak with the head coach. If a student is absent from school, please contact the coach directly. **Practice times and venues**. Practices generally start at 4:15 PM. Venues may include Barnstable United Elementary School, Sturgis East / West, and the Riverview School, Sandwich.

Schedule A link to the schedule and meets can be found at <http://sturgiswestathletics.com/> We encourage each student / parent to create a Big Teams account. **School time will be missed for meets**. If you wish to prioritize other events over this season, be proactive and talk with your coach. Be sensitive to the fact that missing practices will affect your inclusion into meets.

Before signing up for an athletic season, each parent and student-athlete should read the online **Athletic Parent Handbook**. **By giving permission for your child to participate in this activity you and your child understand and agree to the policies referring to;** Commitment; Health requirements (physical exam, opioid misuse

prevention information for Student- athlete and Parent, impact concussion assessment); Submission of Paperwork; Attendance; Student Conduct and Behavior; Academics; Chemical Health; Transportation; Taunting, Hazing and Bullying; Uniforms **set out in the handbook**. This can be accessed at <http://sturgischarterschool.org/athletics/AthleticParentStudentHandbook.html>

The sign up process involves **3 steps**:

1. **By February 1st**. Complete the Online Registration. **Please complete this event if you are still not sure you wish to participate. East students please sign up on the East site. West on the West site.**
2. **By March 1st** Apparel order forms. Please also complete the attached **apparel order form and return it by**. After this time we cannot guarantee that honour your request.
3. **By March 14st** Return the participation waiver and emergency contact form (if you have already listed the spring sport on a previous form you are all set) and a \$100 participation fee.

Brij Anand,
Director of Athletics

John Newcombe,
Assistant Director of Athletics