



Sturgis Public Charter School
Sturgis West Athletic Department
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Season Information for
Boys & Girls Track and
Field

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 20th 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 4:30 PM. Venues may include Barnstable United Elementary School, Sturgis East / West, Hyannis West Elementary School.

Calendar A link to the weekly schedule and contests can be found on the school website: <http://www.sturgischarterschool.org/>. We encourage each student / parent to create a schedule star account. **Please note that there may be contests and school time may be missed for some contests.** If you wish to prioritize other events over this season, be proactive and talk with your coach.

Before signing up for an athletic season, each parent and athlete should read the online Athletic Parent Handbook. **By giving permission for your child to participate in this activity you understand and agree to the policies referring to;** Commitment; Health Related Forms; Submission of Paperwork; Attendance; Student Conduct and Behavior; Academics; Chemical Health; Transportation; Taunting, Hazing and Bullying; Uniforms **set out in the handbook**. The link can be accessed on the school website: <http://www.sturgischarterschool.org/>.

The sign up process involves **2 steps**:

1. Complete the Online Registration **closes on 1st February. Please complete this event if you are still not sure you wish to participate.**
2. 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 by **March 15th**.

Kind regards

Handwritten signature of Brij Anand in black ink.

Brij Anand,
Director of Athletics

Handwritten signature of Matthew Lee in blue ink.

Matt Lee,
Assistant Director of Athletics