



WELCOME TO THE ELEMENTARY ATHLETICS PROGRAM!

We are pleased to expand our athletic department program to include our elementary scholar-athletes. The CDS Elementary Athletics Program introduces boys and girls to a variety of sports in a fun, socially interactive environment. Students are provided instruction in the rules and skills of the sport, while learning how to interact and cooperate with teammates. The Elementary Athletic Program's three seasons will approximate the middle school and upper school schedules.

Our athletic philosophy encompasses the concepts of Blue Ribbon Sportsmanship: student-athletes understanding and focusing on excellent team work; developing competitive individuals and teams. The program ascribes to the school motto, "Education for Life, Character for a Lifetime." We follow and incorporate our strength of character principles in all that we do by becoming...

- Lifelong learners and critical thinkers
- Diligent and capable performers
- Socially and emotionally skilled people
- Ethical thinkers
- Respectful and responsible moral agents
- Self-disciplined persons who pursue a healthy lifestyle
- Contributing community members and democratic citizens
- People engaged in crafting a life of noble purpose

Elementary Athletic Seasons

Fall	Winter	Spring
Cross Country Club Boys & Girls 1 st - 5 th	Soccer Boys & Girls 1 st & 2 nd Boys & Girls 3 rd - 5 th	Volleyball Boys & Girls 1 st & 2 nd Boys & Girls 3 rd - 5 th
Pep Squad Girls 2 nd - 5 th	Basketball Boys & Girls 1 st & 2 nd Boys & Girls 3 rd - 5 th	Track Field Boys & Girls 1 st & 2 nd Boys & Girls 3 rd - 5 th
Flag Football Boys & Girls 1 st & 2 nd Boys & Girls 3 rd - 5 th		Whiffle Ball Boys & Girls 1 st & 2 nd Boys & Girls 3 rd - 5 th



**CARROLLWOOD DAY SCHOOL
ELEMENTARY CROSS-COUNTRY
2021**

Dear Parents,

Your child is interested in participating on the CDS cross-country. The cross-country team is for 1st - 5th grade students. The season starts September 1 and ends October 29. Cross-country is a 3K, 2K or 1 K depending on the grade level and distance.

There is a \$150.00 athletic fee to participate and meet entries. CDS will bill you for this fee through your FACTS account. **Proper running shoes are recommended and CDS appropriate workout shorts and shirt are required for all practices. The runners will receive a dry fit shirt during the season. Please provide black shorts for the races.**

In order to participate on the cross-country team, students and parents should understand eligibility requirements and information.

- Athletes need to be committed to the team.
- Athletes must demonstrate a cooperative, motivated, well-behaved spirit in all school area (i.e., at school, during practices and traveling with the team and on the running field).
- Our goal is developing skills, teamwork, sportsmanship, and having fun!
- Please remember to stay hydrated. All runners are required to bring their own water bottle. They can use the elementary refilling station to refill their personal bottle if necessary.
- Due to the exposure to the sun remember to apply sunscreen.
- **TeamSnap is the new way that athletics communicates with the teams. You will receive an invitation to TeamSnap after the 1st practice. You will need to download the app.**

Please pick up your athletes at the elementary/aftercare carline starting at 4:30 pm. Athletes who are not picked up within 10-15 minutes of the designated pick-up time will be signed into *After Care*. A parent/guardian must pick them up from *After Care*. There is fee for *After Care* and will be billed at the end of the month.

Please fill out the [Google Form](#) to register your runner to the elementary athletic program.

We look forward to a super season! Thanks for supporting our elementary athletic program.
Nayda Hawkins-Elementary A.D/PE Teacher
Julie Tippet and Sharon Smith
nhawkinspe@cdspatriots.org



Cross Country Meets

Friday, October 1 Flrunners.com Invitational 21 @
Holloway Park 3050 Lakeland Highlands Rd, Lakeland, FL **6:15 Start Time**
Mixed elementary race-distance TBD

Saturday, October 23 Bay Area M.S Championship @
Mary Help of Christians Center, 6400 E. Chelsea St., Tampa **8:00 Start Time**
Grades 1-3 1K 9:00 start
Grades 4 & 5 3K 8:00 Girls 8:30 Boys

Friday, October 29-Elementary/Middle School State Champion
Meet @ Lakeland Holloway Park 3050 Lakeland Highlands Rd,
Lakeland, FL **4:30 Start Time**
Grades 1& 2 1K Coed race 4:30
Grades 3-5 2K Girls race 4:45 Boys race 5:10

***Please keep in mind that this schedule may change in the next few weeks. We are hoping to add some home meets and some meets nearby.**

Cross Country Practice Dates

We will pick up the team on the elementary side, fill up water bottles, change into running clothes, have a snack provided by the parent, and walk over to South Beach. Please pick up on the elementary side at the end of practice. The practices will run from 3:15-4:30.

September- 7, 8, 10, 15, 16, 17, 22, 23, 24, 29, 30
October- 6, 8, 11, 14, 18, 20, 21, 26, 27, 28