

Dear Parents/Guardians:

We want to welcome you to Sandwich track and field season. We are Coach Polera and Coach Mitchell and we are the head coaches. We are looking forward to a great season with your athlete.

Our assistant coaches for this year are Coach Lee and Coach Shopinski. Attached you will find the rules that we follow for the season. If at any time you have an issue that you would like to discuss, please do not hesitate to contact us at SMS (786-2138). We are available before school, after school until 3:10 p.m., or after practice. You may also contact us via email at jpolera@kidsroe.org or kendymi@kidsroe.org.

Attached, please find a copy of our meet schedule and tentative practice schedule. Please know that at times, we may need to adjust our practice schedule to a different time; or for a longer period. For the most part, we will make every effort to end practice by 4:30 p.m.

We would ask that all necessary forms/waivers, insurance, athletic fees, etc. have been submitted prior to our first practice.

Please know in order for your student to leave from an away extra-curricular event; they must be signed out on the day of the event only by their parent or legal guardian. A sign out form will be provided by the coaching staff. Otherwise, the student will be expected to be transported back to school on the bus after the event.

The Sandwich School District does not allow students to ride with another person; or allow a note to be used to inform the coaching staff that the student is leaving the event with someone else. Per policy, we will continue to have our own transportation procedures regarding travel.

Finally, **academics** are our number one focus. Your continued support and encouragement of your student being the best student athlete they can be is greatly appreciated.

Feel free to review the District's athletic handbook located on our website at www.sandwich430.org. Once again welcome to the season. If at any time you have a concern or suggestion, please contact us. We appreciate your input.

Coach Polera & Coach Mitchell