

C.H.E.F.

Christian Home Educators Fellowship

TRACK AND FIELD DAY!!!

Saturday, May 7, 2011

What is Track and Field Day?

A day of athletic competition and fun for children ages 5 to Graduating High School Senior!
Join us for exercise, sportsmanship, and fellowship. It is a competitive event with an emphasis on fun and learning - all children are encouraged to participate. *It is always a great time!*

Registration

Registration forms are attached in this issue. **ADVANCED REGISTRATION IS REQUIRED.**
Registration deadline is Friday, April 22, 2011. (Late registrations postmarked after Saturday, April 23rd, and until Wednesday, April 27, 2011, add \$5 per family). Please mark your calendars and get in your registrations as, **NO ONE WILL BE ADMITTED AFTER APRIL 27, 2011, DUE TO AWARDS ORDER WILL HAVE BEEN PLACED.** Cost is \$4 per Participant and \$1.00 per Toddler. Note: maximum registration fee is \$20 per family (or \$25 if registering after the April 23th), for CHEF members. For on-CHEF members the cost will be \$5 per Participant and \$1.50 per Toddler.

- **Ribbons** are awarded to the 1st, 2nd, and 3rd place winners of each event.
- **Medals** are awarded to the 1st, 2nd, and 3rd Best All Around athlete in each age group.
- **Christian Character** awards in each age group.
- **Special Achievement Ribbons** may be awarded as well.

When & Where?

We will again be holding the Track and Field Day at the **Inola High School**. The address is **801 E. Commercial, Inola**. From Hwy 412, go south on Hwy 88 in to town to flashing light. Turn left and go approximately 1 mile, facility on left.

PARENTS!

We depend on you to help make Track & Field Day a success! Both parents are required to volunteer to work only *half of the day*. This gives you an opportunity to watch the events the other half. **If only one parent volunteers, you will need to work the whole day.** Teens, who aren't participating, are encouraged to help. Don't miss out on the blessing of serving others – "If anyone desires to be first, he shall be last of all and servant of all," Mark 9:35.

So How Do You Help?

(Please indicate your preferences on the registration form. All Positions will be filled on a first-come, first-served basis; so get those registrations in early.)

- **Event Leaders:** In charge of running an event in the field
- **Small group leaders:** Supervise small groups of same age children, get them to their events, and help tally event results. We will try to assign you to one of your children's groups.
- **Concession Stand:** Serve food, take orders, and collect money.

Track Day Highlights and Events:

- **Toddler Events:** Parents will be asked to provide their own supervision in this area. Toddler Events are scheduled from 10:00-10:30 a.m..
- **Banner Contest!!!!:** Your family is encouraged to make a banner to decorate the Bandstand! Please add string, rope, dowel or stick to banner so they may be displayed. Ribbons will be awarded for 1st, 2nd, and 3rd place.

- **Events:** 50, 100, & 220 Meter Runs, 440 Baton Relay, Running and Standing Jumps, Mile Run, Softball Throw, Soccer Kick, and Obstacle Course.
- **Additional Ribbons:** Participant ribbons may be purchased for your children for an additional 50 cents per ribbon. You may want to do this especially for the younger children or those who are easily discouraged.
- **Concession Stand:** Hot dogs, sandwiches, candy bars, fruit, chips, drinks, and more will be available to purchase at a *very inexpensive* price!!

Proceeds from the Concession Stand help pay for the track event! Plan on having lunch with us!

- **Things to bring:** An umbrella for sun or rain, picnic blanket, camera, sunscreen, hats, lawn chairs (remember though, this is not a sit-down event), good running shoes, bottled water for on the track field, and money for lunch.
- **Schedule for the Day:** 9:00 a.m. – 3:30 p.m. (This is an approximate schedule and is subject to slight changes).
 - 9:00 a.m. Gates open for set up (Anyone that can help is greatly appreciated!)
 - 9:10 a.m. Check In
 - 9:20 a.m. Warm Up and Parade
 - 9:30 a.m. Let the Games Begin!
 - 2:30 p.m. Clean Up and Mile Run
 - 3:00 p.m. Presentation of “Best All-Around Athlete” awards, and Clean-Up!
 - 3:30 p.m. Finished!

Track and Field Day will cancel for lightning or severe weather only. Call if you have any doubts about the day’s weather. Questions not answered in this article? Call Doug or Vikki Fry at 371-9621 or e-mail at blessedx12@aol.com .

This day is a great opportunity to bless our children! “I press toward the goal for the prize of the upward call of God in Christ Jesus” Phillipians 3:14.