



EPIPHANY TRACK 2016



Students in 5th – 8th grade are invited to join Epiphany’s CYO Track Team.

Track & Field Events: 100m, 200m, 400m, 800m, 1600m, Long Jump, Turbo Javelin

Practices: Wednesdays, 3:00-4:30pm at Epiphany’s 28th Street Gym & Yard

April 15, April 22, April 29, May 6, May 13, May 20, May 27, June 3, 2016

Students may travel off site to local tracks or parks and will return to the Gym for dismissal.

Please pack: sneakers, socks, weather appropriate athletic clothes, snack, & a water bottle

Track Meets:

Regular Season Meets	Sundays April 19, April 26, May 3, May 17	1:00-4:00pm	Mount Saint Michael Academy 4300 Murdock Ave, Bronx, NY
Upstate Championships	Sunday May 31	TBD	Mount Saint Michael Academy 4300 Murdock Ave, Bronx, NY
ADNY Championships	Sunday June 7	TBD	Msgr. Farrell High School 2900 Amboy Rd, Staten Island, NY

Transportation to Track Meets:

A school bus will **depart the Upper School at 11:00 AM sharp** (141 East 28th St). All team members who use the bus to travel to the meet are expected to return by bus. Estimated return time: 5:00pm, dependent meet length and traffic. Those who wish to travel to track meets independently must notify the coaches in advance and are expected to arrive by 12:30pm for check-in.

Fees: **\$200** Registration & Transportation, **\$50** Uniform Jersey (wear your own shorts)
Payment should be submitted by cash or check made payable to The Epiphany School

Coach: Ms. Ashley Hamilton (Neave & Nyla Bittianda, gr 6 & 7) - ash.hamilton@gmail.com

Assistant Coaches & Parent Volunteers are needed to help with team management and supervision!

Track & Field experience is not required. Please contact Ms. Hamilton or Mrs. McHugh if interested.

Please return the registration and permission slip to Mrs. Gallagher by April 13th.

Team size is limited to 40 athletes, filled on a first-come, first serve basis.

Please retain this page for your reference.



EPIPHANY TRACK 2026



TEAM REGISTRATION AND PERMISSION SLIP

Student's Full Name: _____ Class: _____

Birthdate: _____

Allergies & Medical Conditions: _____

Track Jersey:

- Adult X-Small
 Adult Small
 Adult Medium
 Adult Large
 No Jersey needed; I have one from last season.

Dismissal following Track Practices and Meets

- My child can travel home independently / with friends.
 My child will be picked up by an adult - Approved Names & Cell Phones:

I hereby give consent for my child, named above, to participate in the Epiphany CYO Track Team for the spring 2026 season. I understand that participation in this athletic program involves certain risks and hazards, including but not limited to, physical injury or harm. I accept these risks on behalf of my child.

I hereby certify that my child is physically able to participate in track & field practices and events. I authorize the school, league, coaches, and its representatives to obtain medical treatment for my child in case of emergency. I understand that a refund will not be issued should a future injury or illness prevent my child from completing her/his participation in the season.

I understand that The Epiphany School, Epiphany Parish, and CYO program volunteers will take reasonable precautions against accident, personal injury, and loss of, or damage to, property while going to, from, and at the site of the track meets and practices, but they, the coaches, the Catholic School Region and/or the Archdiocese of New York, as the case may be, are not assuming any legal liability for any such occurrence except any liability based on their failure to take such reasonable precautions.

I have enclosed \$ _____ for my child's Epiphany CYO Track Team registration and uniform.

Parent's Printed Name	Parent's Signature	Date
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Parent's Cell Phone	Parent's Email
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