

COUGAR TRACK & FIELD “GOLD” LETTER

Dear _____

Hey! We would like you to consider being a part of an exciting opportunity this spring: The Cougar **Track & Field** Team.

The Cougar **Track & Field** Team is one of the most successful sports programs in the history of Campolindo High School athletics. New athletes often have the opportunity to contribute to league championship team titles, as well move on to NCS and CIF level competition.

Yet, the heart of the **track & field** experience is not about winning. That’s really just a by-product of the synergy that is created when a group of sincere, hardworking and enthusiastic people come together. The **track & field** experience is about character, personal integrity, mutual respect and team camaraderie. It is a place where all athletes, regardless of ability, can face challenge, earn satisfaction, and develop sincere and lasting friendships.

Furthermore, **track & field** is a sport that compliments most other athletic endeavors. Many of our participants enjoy the fitness benefits that carry over to other sports, like soccer, basketball, swimming and wrestling. Our training provides a foundation of general fitness, developing aerobic capacity, raising agility, refining speed mechanics, and increasing strength. If you are looking to improve your athleticism, **track & field** is an exciting option.

We are hopeful that you will consider, at the very least, trying our sport for a few weeks. We are confident that once you experience it for yourself, you will understand and appreciate what it has to offer.

If you think this is something you would like to try, all you need to do is come to practice. The track & field team begins daily after school practice sessions on **Monday, February 8th**. It is NOT too late for you to join. Just show up and we will get you started! You can also pick up an information packet in room E-11.

If you would like more information about the team, please visit our web site at: www.campotrack.com.

Sincerely,

- _____ and the whole Cougar Track & Field team!

**Please bring this letter with you when you come to track practice. This allows the coaches to know that I was the one that invited you to join the team!*