

# Milton High School Unified Track and Field

## Dear Parents/Guardians;

Your child has been identified by the Milton High School faculty as a student who might like to participate in Unified Track and Field this Spring. We are trying to gauge pre-season interest by asking you to either;

- Return this form to Milton High School with the information below, OR
- Email the Director of Athletics, Ryan Madden, with the information below, by Thursday, February 8th.

## What are Unified Sports?

- Unified Track is organized by the MIAA in association with Special Olympics Massachusetts.
- Unified Track and Field (UT) is in its 7<sup>th</sup> year with the total number of teams over 64 across the state.
- Provides an opportunity for students with and without intellectual disabilities to participate in a variety of fitness and sports activities alongside one another.
- Uses a 50/50 ratio of students with and without IDD (intellectual developmental disabilities)

## Unified Track and Field at Milton High School

- For students grades 9 thru post-graduate year. (Must still be enrolled in post-graduate program at the start of the season)
- Starting March 25<sup>th</sup>, practices are held from 2:30 to 3:30pm at Milton High School on Mondays and Tuesdays during the spring season for athletics. Meets will generally be on Thursdays. (Only on school days)
- Once the competition season starts, we practice 2x per week, with one day reserved for meets.
- We have four meets (typically 2 home, 2 away) followed by a district qualifier and then a State Championship for those individuals who qualify
- Students are not paired, like in Best Buddies, but rather teammates mentor and coach each other as they train and compete together
- Competition is based on students of similar athletic ability in heats/flights
- All students' performances count and potentially contribute to the team's success. Not just the fastest runners and longest throwers

Student Name: \_\_\_\_\_

Year in school:      Freshman      Sophomore      Junior      Senior      Post Graduate

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent/Guardian phone: \_\_\_\_\_

**There will be a team meeting at Milton High School in mid to late February. You will get an email with details upon replying to this form. If you have questions now, please email Ryan Madden, [rmadden@miltonps.org](mailto:rmadden@miltonps.org), or call at 616-696-4470 x5515.**