

February 4, 2010

Vermillion Parish School System
P O Drawer 520
Abbeville, LA 70510

Dear Principals and Physical Education Teachers:

The Vermillion Parish School System will host the annual District Physical Fitness Meet on March 5, 2010 at Kaplan High School. Registration for the event will be from 8:30 to 9:00 in the gym.

The event is open to all students in the elementary school grades who are 11 years old or younger. A student (if 11 years old) must have reached 11 on or after September 1 of the current school year.

Each student must have a permission slip in writing from his/her parents and a copy of the birth certificate in order to compete. Please forward the Parish Media and Internet Release Form with the student registration form. This allows pictures to be placed on the website and forwarded to the newspaper.

Each school should include a school team of 2 boys and 2 girls. One boy and one girl alternate should also be included on the school team. (A total of six individuals are included on a school team.)

The following events are included in the competition:

50-Yard Dash	Pull-Ups	Shuttle Run
Curl-Ups	Sit and Reach	600-Yard Run
Standing Long Jump		

Scoring and awards will be completed on an individual and a team basis. A school trophy is given to the highest scoring team.

The State Elementary Physical Fitness Meet will be held April 24, 2010 at the LSU Field House, Baton Rouge, Louisiana. Parish winners will participate at the state level. Students participating at the state level will be required to obtain a doctor's release form using the LHSSA format.

Please complete and forward the team registration form, a copy of the birth certificate for each participant, and the Media and Internet Release Form to me no later than February 24, 2010. Thank you.

Registration forms, the media release form, and the LHSSA form may be downloaded for school use.

Ann Hardy
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Phone Number 337-898-5757