

## A Verse for 5<sup>th</sup> Grade

From long ago times and distant places  
Echoes the wisdom of the gods  
Through all cultures and races.  
Each had a task, a unique destiny  
As humanity struggled to be god-like and free.

Today I stand upon the wisdom of the ages  
And give thanks to all, from beggars to sages.  
Striving to be loving, good and true;  
A Human Being in all that I do.

*-Don Basmajian*

Dear 5<sup>th</sup> Grade Class Teacher and Movement Teacher,

You are warmly invited to the **Fifth Grade Olympic Pentathlon** on Friday, May 8, 2020, to be held at Summerfield Waldorf School, from 8:00am to 3:15pm.

**Please return the following information by Wednesday, January 17, 2020 to:**  
Don Basmajian, c/o Summerfield Waldorf School:

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- The number of athletes, divided according to boys and girls and the four temperaments:  
Phlegmatic—Corinth (green), Choleric—Sparta (red),  
Melancholic—Thebes (blue), Sanguine—Athens (yellow)
- An insurance certificate naming Summerfield Waldorf School as additional insured by your school's carrier, in case of accidents occurring to your students while on our campus. A sample is included.
- One check payable to Summerfield Waldorf for \$25 per student for t-shirt, medal & site preparations
- ***If your registration, including payment, has not been received by January 17, your school will not be welcome to participate.***

### **Teacher Preparations:**

- Prepare the children to sing the Olympic Hymn and recite the Olympic Oath.
- Choose two children to carry the Olympic Torch.
- For safety and pedagogical reasons, please ensure that your students are well-prepared for all events – 50-yard dash, 1/8-mile run, long jump, wrestling, and especially for the javelin, the discus, and passing the relay baton.
- Inform athletes and parents that the event ends with the clean-up at 3:15pm, so no one should leave early! Also tell all involved that we are a *no-cell-phone* campus, no dogs on campus and there is no street parking allowed on Willowside Road.

Each athlete will wear an Olympic T-Shirt, which you will receive upon arrival. Please provide each athlete with a colored sash representing his or her city-state.

- Inform the students that they must wear all white socks, white shorts, colored sash and the Olympic T-Shirt. A white baseball hat is recommended, as well.
- Please bring enough electrolytes for your class.

### **On the Day of the Pentathlon Event**

- Please carpool and arrive at Summerfield by 8:00am sharp! Follow the signs for parking.
- Bring at least six parent helpers to act as assistants to the head judges for the day. A few parents from each school should volunteer to take shifts at the First Aid table upon arrival.
- Athletes need water bottles, sunscreen, lunch, and white baseball hats.
- All schools will help judge wrestling and relays after lunch.
- Bring enough clipboards and pencils for each judge.
- We will not award laurel leaf crowns because it seems to be a burden for the schools to bring them. A ribbon to wear around the wrist will be given to the winners of each heat.
- Attend the mandatory meeting at 8:15am for judges, class teachers and movement teachers.

### **More Reminders**

- We will award one winner for boys and one for girls for each heat from each City State. At the Closing Ceremony, each athlete will be asked to consider the moment in their training or in their performance in the Pentathlon when they moved with beauty, grace, power or speed so that the Gods of Olympus were truly pleased. There will be a moment of silence to listen to the inner voice of one's heart. Then each event will be named, and athletes who felt that their moment of beautiful movement came, for example, in the discus, will step forward, kneel, and receive an Olympic Medal. Please prepare your children and parents for this.
- Head judges and class teachers will meet at 8:15am in the Fifth Grade classroom.
- In years past, some schools have felt a need to leave before the Closing Ceremony is quite finished. Now that the Pentathlons are smaller, we should have plenty of time for a fine closing, and I request that each school stay through the end of the event and help with the clean-up.

If you have any questions, please call me at Summerfield, (707) 575-7194, ext. 301, or email me at [registration@swspentathlon.org](mailto:registration@swspentathlon.org)

Don Basmajian