

ST. FRANCIS de SALES SCHOOL

September 4, 2019

Dear Parents of Students in Grades 2 – 7:

Welcome to another season of Cross-Country. Cross-Country is running long distances on different kinds of terrain. i.e.: gravel, grass, etc. Grade 2 & 3 run just under 1 km, Gr. 4 & 5 run 1.7 km and Grade 6 & 7 run 2.5 km for the meet. The season is very short with the St. Mary meet at Memorial Park South (5955 Ross St., Vancouver) on Tuesday, September 24th and the ending meet on Wednesday, October 2nd (more information to follow). We will run rain or shine.

Gym strip should be worn, (including outdoor runners) and school sweat pants and top are mandatory. Also a rain jacket should be worn for those wet days and students should have a change of socks to replace wet ones. The children should have proper footwear that provides cushioning since running can be hard on your feet and joints.

Practice times are as follows: Practice starts Monday, September 9th, 2019.

Practices will take place **Monday, Wednesday, Thursday and Friday from 8:15 – 8:45 a.m.** Team members must attend at least **3 practices per week**, but we will accommodate those who are also involved in volleyball, choir, altar serving etc. Participation at meets is dependent upon attendance at practices as it is crucial that children develop the stamina to run the required distances at the meets.

We also will definitely need help supervising during practice times. Your help would not necessarily require running but simply supervising at certain points along our running routes.

Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity and during transportation, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child.

Students must return their signed informed consent form in order to participate.

As outlined in the Parent Handbook – the recommended ratio of students/supervisors will be observed.

We look forward to a good turn out and would appreciate helpers who either enjoy running with the children or who can help supervise.

Sincerely,

Cross Country Coaches – Mrs.Kerrigan, Mrs. Luongo, Mrs. Panganiban & Mrs. Pereira

Irene Wihak
Principal

CROSS-COUNTRY – Permission slips are due by Monday, September 9th, 2019 before practice begins.

I give permission for my child _____ in Grade _____ to participate in any practices or meets during the 2019 Cross-Country season.

I am able to help run/supervise on the following days:

Monday @ 8:15 am Wednesday @ 8:15am Thursday @ 8:15 am Friday @ 8:15 am

I understand that my child may be exposed to certain risks while participating in this activity and during transportation. Accidents and injuries may occur.

Yes, I have read and understand the covering letter regarding this activity and the risks involved.

Date

Signature of Parent/Guardian

Printed name of Parent/Guardian

Address of Parent/Guardian