

COOTES PARADISE CROSS-COUNTRY RUNNING 2017 (Grades 3 - 5)

Dear Parents/Guardians,

All students in grades 3 - 5 are invited to be part of our running club. The goal of the running club is to provide the students with an opportunity to get active and gain some exposure to the sport of cross country running. Students will be encouraged to run when they can and walk when they feel they need to.

Running club participants will meet on the ball diamond near the washrooms at Churchill Park as per the schedule below. Parents are invited to join us! We will be running the route that will be used for the school meet. The grass will be wet with dew; students need to bring a change of shoes and socks. ***If it is raining, practice will be cancelled.***

PRACTICES September 11, 13, 15, 18, 20, 25 8:15 – 8:45

On Thursday, September 28/17 (rain date Sept. 29/17), running club members are eligible to participate in our school meet at Churchill Park. The exact schedule of the day and a map of the course will be sent home by September 15th. Spectators are welcome at our meet; please join us and cheer on our students!

On October 10/17 the top fifteen finishers per grade and gender will participate in the HWDSB meet held at Christie Conservation Area.

Sincerely,

K.MacKenzie, Mme Ly

PLEASE RETURN THE BOTTOM PORTION OF THIS FORM TO YOUR CHILD'S TEACHER.

I give permission for _____ of room _____ to participate in the practices for his/her grade and in the meet on September 28/17 (rain date Sept. 29/17). I am aware that both the practices and the meet will take place at Churchill Park.

My child will have an inhaler with him/her. () yes () no

My child will have an EpiPen with him/her. () yes () no

If yes, please indicate the allergy/allergies: _____.

*My child _____ of room _____ is **unable to attend the scheduled practices and will train for the school meet at home.***

Parent/Guardian Signature

Date

COOTES PARADISE CROSS-COUNTRY RUNNING 2017 (Grades 1 and 2)

Dear Parents/Guardians,

On September 28/17 (rain date Sept.29/17) students in grade 1 and 2 have the opportunity to participate in the Cootes Paradise Cross Country Meet. This event will be held at Churchill Park and the students will practice running the route as part of PE classes. The goal of this activity is to provide the students with an opportunity to get active and gain some exposure to the sport of cross country running. **Students will be encouraged to run when they can and walk when they feel they need to, during both the practices and the meet.**

Please complete the permission form below so that your child can participate in the meet. Spectators are welcome; please join us and cheer on our students! An exact schedule of the meet and a map of the course will be sent home by Friday, September 15th.

Sincerely,

K.MacKenzie, Mme Ly

PLEASE RETURN THE BOTTOM PORTION OF THIS FORM TO YOUR CHILD'S TEACHER ASAP.

I give permission for _____ of room _____ to participate in the meet at Churchill Park on September 28/17 (rain date Sept.29 /17).

My child will have an inhaler with him/her. () yes () no

My child will have an EpiPen with him/her. () yes () no

If yes, please indicate the allergy/allergies: _____

Parent/Guardian Signature

Date

