

April 4, 2017

Dear Parents/ Guardians,

Spring Cross Country practices begin this week. Practices will be Wednesdays and Fridays starting Wed. Apr. 5. Thank you to our fabulous parent coaches who continue to train, inspire and motivate our kids!

Practices will take place at 8:00 am, and we will meet at the playground by the brick annex. Make sure your child brings plenty of water, and is wearing appropriate shoes for running.

The meets start at **3:45 pm** and are as follows:

Mon. April 10	Clover Point (hosted by us)
Tues. April 18	Lambrick Park
Mon. April 24	Clover Point

Parents will be responsible for arranging rides for their children, to and from the meets. Please make sure you pre-arrange where your child should be dropped off after the meet. We encourage car-pooling. If you would complete the following form with your name, e-mail address, phone number, and your availability for driving, we will distribute this to everyone on the list to assist in arranging rides. All names & numbers/e-mails will be included on the distribution list so please indicate if you wish me not to include your number/e-mail. **Drivers, please make sure you have filled out the volunteer driver form in the school office, as well as applied for a driver's abstract and criminal record check.** Sorry, but we will be unable to arrange last minute rides for students who have not pre-arranged a ride.

**\*\*\*\* Please e-mail, phone, or send a note indicating who is driving your child to/from the meets. \*\*\*\***

Water bottles are recommended at meets. Also, runners should wear shorts if possible, and a school jersey (which will be handed out before the first meet, and will need to be returned after April 24).

Please complete both sides of the form attached, and return it to school by Friday, April 7. Students will need to have a waiver handed in to participate in meets. We look forward to another successful season of Cross Country running!

J Nicolson, N. Strong (Sponsor Teachers)

*Can you help? We need a couple of volunteers for Mon. Apr. 10 to hand out ribbons and monitor the finish chute, and one person to marshall at the turnaround point. Please email me at [jnicolson@sd61.bc.ca](mailto:jnicolson@sd61.bc.ca) if you can help. Thanks.*

I give permission for my child, \_\_\_\_\_, to participate at the Fall Cross Country meets.

\_\_\_\_\_  
parent's signature

\_\_\_\_\_  
parent's printed name

\_\_\_\_\_  
phone number

\_\_\_\_\_  
e-mail address

I can drive to/from the following meets:

\_\_\_\_\_ Mon. April 10          Clover Point (hosted by us)

\_\_\_\_\_ Tues. April 18          Lambrick Park

\_\_\_\_\_ Mon. April 24          Clover Point

I have \_\_\_\_\_ spaces for children (including my own) in my vehicle, and have filled out/updated the volunteer driver form in the office, as well as having a drivers abstract and criminal record check.

# Spring Cross Country Medical

April, 2017

Dear Parents/Guardians,

I need to be aware of any medical problems that your child might have.

Please indicate below if your child has a problem that I should be aware of.

- |   |     |    |
|---|-----|----|
| • Does your child have asthma?                  | Yes | No |
| • If yes, does your child carry an inhaler?     | Yes | No |
| • Is your child allergic to bee or wasp stings? | Yes | No |
| • If yes, does your child carry an epipen?      | Yes | No |
| • Is there anything else I need to know?        |     |    |

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Parent signature: \_\_\_\_\_

Student's name: \_\_\_\_\_

Phone number: \_\_\_\_\_