

I give permission for my child, _____, to participate at the Spring Cross Country meets.

parent's signature

phone number

parent's printed name

e-mail address

I can drive to/from the following meets:

_____ Tues. April 16 Lambrick Park

_____ Tues. April 23 Topaz Park

_____ Tues. April 30 Lambrick Park

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 extract and criminal record check.

Spring Cross Country Medical

April 2019

Dear Parents/Guardians,

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

Please indicate below if your child has an issue 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? | | |

Parent signature: _____

Student's name: _____

Phone number: _____

April 3, 2019

Dear Parents/Guardians,

Spring Cross Country season is upon us. Practices will begin this Friday, April 5 at 8:00 am. We meet by the brick annex. We will continue practices on Wednesdays and Fridays (except Fri. Apr. 12 which is a Pro-D day), until Fri. Apr. 26.

For practices – it's a good idea for your child to bring a change of shoes, as the ground can be quite damp in the morning. Also, make sure your child has plenty of water on practice days.

Please note: meets this month are all on Tuesdays. All meets begin at 3:45, with grade 3 girls running first, followed by grade 3 boys, etc.

Parents, we ask that you organize your own rides to meets for your child(ren). To assist with this, please fill out the permission form so that I can provide information to all about who might be available to drive. Thank you.

A big thank you to the parents who volunteer their time to help coach at morning sessions (and attend meets). We always welcome more volunteers to assist with coaching.

Please return the permission/medical form by Wed. April 10.

Joanne Nicolson
Sponsor teacher for Cross Country