

Queen Elizabeth Annex

PRIMARY CROSS-COUNTRY INFORMATION 2018/19



Dear Parents/Guardians:

Cross-country practices at QEA:

All students at QEA are invited to participate in our cross-country practices **Tuesday and Thursday mornings from 8:15-8:55** at QEA. Thank you to Glenn, Geoff & Amber who will be coaching students, as well as to any other parent helpers. Please note that Cross-country is NOT mandatory.

If you would like your child to participate in cross-country practices, please return the permission slip to Mme Teresa in the office **before Thursday, Sept. 20th**.

West Zone Mini-Meets:

There are three mini meets this season. For safety reasons, your child must attend at least one practice in order to participate in our mini-meets.

The after-school mini-meet schedule is listed below. Each family is responsible for driving students to and from the mini-meets (carpooling is highly recommended as parking is hectic). Coaches/school do not organise drivers. The meets begin at **15:30**. **Students only do one race of 1000 m. Once students have run, they can be picked up by parents. Grade 7 students will run first, followed by Ks/grade 1s, grade 2s, and grade 3s.

Mini-meets schedule: - TBA

At each meet, our rendez-vous point before the race is next to Jules-Quesnel - students may leave their jackets, water there. The Jules-Quesnel team has a large banner so their spot is easy to find. Please stay with your child in this area until you see one of the coaches.

Final Meet (optional):

The Final Meet will be held at Trout Lake in October and all VSB schools will attend. Grade 7s will start at 13:00 followed by Ks/grade 1s, grade 2s, and grade 3s. There are hundreds of runners on this day so you must stay with your child until you have found our coaches at the rendez-vous. Again, we will meet right next to Jules-Quesnel. The coaches will walk your child to the starting line, in grade groups. Please meet your child near the finish line, or back at the JQ meeting spot. Only coaches are permitted to walk to the starting line with students.

For safety reasons, students must attend at least one mini-meet to participate in the Final VSB meet.

Expectations for Cross-Country:

Ensure that your child is wearing proper running shoes, pants/shorts. QEA students will wear their QEA shirts for the meets – if they do not have one, they can borrow one or buy a t-shirt from the PAC. Please contact the PAC to arrange to purchase.

Students who participate in the practices and meets must demonstrate good sportsmanship in order to attend all meets. Please reinforce the concept of good sportsmanship with your child.

If you have any questions please do not hesitate to contact me.

Teresa Wells, VP QEA
twells@vsb.bc.ca

QEA Cross Country and Track and Field Permission Slip

While school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of this activity, and may occur without fault on the part of the student, school board, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk of injury associated with the activity.

I hereby give my son/daughter permission to participate in **cross-country practices** at QEA. I understand my child may be exposed to a risk of injury due to accident while participating in these activities.

I hereby give my son/daughter permission to participate in **mini-meets** and **final zone meet** in October 2019. I will arrange transportation for my child to and from all meets.

I give permission for photos of my child obtained during cross country to be used for school purposes.

Yes No

Student's Name _____ Grade _____ Div _____
Please Print

Parent's Signature _____ Phone # _____

Comments (please include any restrictions or limitations which would prevent your child from fully participating in this activity, or any other special concerns which Board staff should be aware of surrounding your child's participation):

Please return this form to the office by September 20th