



Van Horne Elementary School

5855 Ontario Street
Vancouver, B.C. V5W 2L8
Tel: 604-713-4965 Fax: 604-713-4967

Sept 15, 2018

Dear Parents/Guardians:

Van Horne Elementary Cross Country 2018

The Van Horne Cross Country Team is open to students in grades 2-7. Practices will be held twice a week: **Monday and Wednesday at 3:05 – 3:45pm**. Students are to meet coaches in the gym at 3:05. Practices will take place rain or shine, on the back field, in the gym and at Columbia Park.

Please have your child wear appropriate athletic clothing and running shoes. It is also recommended that students bring a water bottle. **Practices start Wednesday September 19th**.

*Please note: there is no practice on Wednesday October 10th due to early dismissal and conferences.

There will be 3 Mini Meets after school. **Parents are responsible for driving or finding transportation for their child to and from all Meets**. Students must attend a majority of practices and at least 2 Mini-Meets to attend the District Cross Country Meet. Students may still participate on the Cross Country Team if they can't attend the Meets.

Dates of Cross Country Mini-Meets:

Thursday Sept. 27th at Quilchena Park (33rd and Valley Drive)

Tuesday October 2nd at Montgomery Park (5970 Selkirk St.)

Tuesday October 9th at Balaclava Park (West 31st between Blenheim and Carnarvon St.)

**All Mini-Meets start at 3:35 and should finish close to 4:30

Final District Meet: Thursday October 18th at Trout Lake Park. 12:45-3:00. Cross Country students will be dismissed from class by lunchtime on this day.

If it is pouring rain and a Meet is cancelled, that information will be posted on the school website as soon as we hear news from the Meet organizers.

Please sign the permission slip below and hand it in to Ms. Phillips or bring it to the first practice on Wednesday September 19th.

Thank you,

Mr. Bilodeau, Ms. Phillips, Ms. Hill

Van Horne Cross Country Coaches



STUDENT PERMISSION

While school staff take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of this activity, and may occur with or without fault on the part of the student, school board, it's employees or agents or the facility where it 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 give permission for my child (first and last name) _____ in Grade ____ Div. _____ to participate in the Van Horne Elementary Track Team. I understand that my child may be exposed to risk of injury due to accident while participating in this activity.

Parent/Guardian Name

Signature

Phone #

I understand that it is my responsibility to drive/find a ride for my child to and from all Cross Country meets.
_____ (Please initial).