

Crescent Park Cross Country

September 5, 2018

Dear Parents/Guardians:

Your child is interested in joining Crescent Park's cross-country team. This team is open to all boys and girls in grades three to seven. We practice every Monday, Thursday and Friday morning, rain or shine, beginning at 7:50 a.m. sharp! **(**If your child arrives late and we have left for the run we are instructing them to not follow us into the park unless they are accompanied by an adult. Please go to the office until outside supervision starts at 8:20am)**

The first morning run will begin on Friday, September 7th.

This is an excellent opportunity for your child to get involved in a fitness program that encourages both the beginning runner and the competitive runner to participate to the best of their ability. Parents are encouraged to attend our practices as well.

Every Tuesday after school for five consecutive weeks, **beginning on Tuesday, September 18th**, we run at Crescent Park with hundreds of other students from South Surrey schools. These races are divided by grade groups and between boys and girls. All runners receive a cloth or paper placement ribbon. On Tuesdays, we meet after school in the gym and we walk up to the park with teacher supervision. The races begin with the grade threes and end with the grade sevens. The final race each Tuesday ends by 4:30. Runners who do not go home with an adult must wait until the last race is over before returning to Crescent Park School with a teacher.

Tuesday run schedule (First race at each meet starts at approx. 3:30):
September 18, 25
October 2, 9, 16

If you give your child permission to participate on the cross-country team please complete the permission form and have your child return it to the envelope outside the gym. **Each year Crescent Park parents volunteer to hand out the ribbons at the finish line. Please fill out the additional information (below) you would like to help.**

Each athlete will also receive a Crescent Park jersey to keep for the Cross Country season and return it washed at the end. Athletes are responsible for bringing their jersey each week for the races.

Sincerely yours,
Mrs. Spoor, Ms Fisher, Ms Horn, Ms. Dhanani, Ms. Tutte, and Mr. Davidson

My Child, _____, Grade _____, Boy _____ Girl _____

May participate on the 2018 Cross Country Team.

Parent/Guardian's Name: _____ Email: _____

PLEASE RETURN TO MRS. SPOOR (either in person or to the envelope located outside the gym)

I WOULD LIKE TO HELP AT THE FINISH LINE [It is Super Easy] (circle): YES NO

IF Yes, Your Name: _____ Email.: _____