



Ecole Laronde Elementary

1880 Laronde Drive, Surrey, B.C. V4A 9S4
Phone: 604-536-1626 Fax: 604-536-4829
Website: surreyschools.ca/laronde

*Our commitment at École Laronde is to offer a fulfilling French experience while developing kind, respectful and responsible learners who are creative builders of their future.
À l'École Laronde, nous nous engageons à offrir une riche expérience du français et à former des élèves gentils, respectueux et responsables qui sont les créateurs de leur avenir.*

**TRACK & FIELD PERMISSION FORMS
GRADE 3-7 STUDENTS**



April 26, 2019

Dear Parents/Guardians:

We are getting ready to begin training for our Track & Field season. Students in grades 3 to 7 are invited to sign up for one or more event.

Please see the practice schedule from April 29th through to May 31st on the back of this notice. **Practices will continue from May 21st to May 31st for students selected to attend the district Track Meet.** Many students will have the opportunity to participate at the Mini Meet on May 8th. We will update the practice schedule in our weekly newsletter, if needed. Practices will take place weather permitting. Please complete the permission form below if your child is interested in any of the events.

Please ensure that your child arrives on time and brings the appropriate gym strip to all practices.

The District Track Meet at Bear Creek is on Monday June 3, 2019. Due to the more competitive nature of this event, only a certain number of students will be selected to participate. Regular attendance to practices, sportsmanship as well as achievement will be considered while making the selection.

We appreciate your continued support.

Mme Niro Mme Burden
Principal Track Coordinator



**ECOLE LARONDE ELEMENTARY - TRACK & FIELD PERMISSION
RETURN BY: APRIL 29, 2019**

I give permission for my child _____, in Division _____ to attend the following Track and Field practices in the morning, lunch and/or after school.

____ I do understand that long and middle distance running practices will take place on and off school property on the streets and parks around the school.

Note: Full Track & Field practice schedule is on the back.

- Middle & Long Distance
- Sprints
- Discus – Gr. 5 to 7 ONLY
- Shot Put
- Long Jump
- Triple Jump



Name of Parent: _____

Parent Signature: _____

Parent's email address: _____

Contact Number: _____

TRACK AND FIELD PRACTICE TIMES → April 29 – May 31, 2019

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
7:55-8:30		Gr. 3 - 7 SHOT PUT (le lancer du poids)	Grade 5 - 7 DISCUS (le lancer du disque)	Gr. 3 - 7 SPRINTS/ RELAYS (sprints/relais)	Gr. 5 - 7 LONGJUMP (le saut en longueur)
11:45-12:10	Gr. 3 & 4 HIGH JUMP (le saut en hauteur)	Gr. 3 - 7 LONG DISTANCE (la course longue distance)	Gr. 3 - 7 SHOT PUT (le lancer du poids)	Gr 3 & 4 LONGJUMP (le saut en longueur)	Gr 5 - 7 HIGH JUMP (le saut en hauteur)
2:40-3:15/3:30	Gr. 5-7 DISCUS (le lancer du disque)	Gr. 3 - 7 SPRINTS/ RELAYS (sprints/relais)		Gr 5 - 7 HIGH JUMP (le saut en hauteur)	Gr. 3 - 7 LONG DISTANCE (la course longue distance)

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