

September 5, 2023

Dear Parents and Students:

We are inviting all junior high students to be a part of the Cross Country team that has been very successful every year. Our cross-country season is short, but busy!

The practices for the team will be held twice a week after school until 4:00pm. The first practice will be the week of September 5<sup>th</sup>. As many of our cross-country athletes are involved in other sports and activities, it is **not a requirement to come to every practice**. We would like to stress the importance for the student-athletes participating in the cross-country events to remain active to ensure success at the upcoming events.

There will be a variety of runs we perform this season. Some will be a longer type run in and around the Lakeland Ridge community and Clarkdale Pond hill in the Clarkdale community. Other training sessions will be around and on the school's soccer field doing agility and speed work.

We will be participating in two cross-country races this season. The first will be the **Elk Island Athletics Association race on October 4<sup>th</sup>**. It is held at Strathcona Wilderness Centre and is an all day event. The second race is the **Zone Track Meet on October 11<sup>th</sup>**, which is also an all-day event and held at Strathcona Wilderness Centre.

The total cost to attend these events will be **\$45.00**, which will cover the expense of the entry fees, transportation, uniform rental fee, and substitute teacher costs for the coaches. The uniform rental fee will appear as a separate fee on your account.

The distances for the above events will be:

- junior girls 2 km, junior boys 2 km
- intermediate girls 3 km and intermediate boys 3 km
- senior girls 3 km and senior boys 3 km

These races will require the students to be away from school for the entire day. It is the responsibility of the student to catch up on any missed work while away.

The following checklist outlines the items to bring on race day:

- ✓ Clothes for the race (gym shorts and t-shirt; no jeans), as well as for all types of weather
- ✓ Running shoes
- ✓ Water bottle, lunch and snacks

Students will be transported to and from the race sites on a school bus operated by a licensed driver. The risk associated with this type of transportation is no greater than travelling by yellow school bus to and from school each day. On-site risks include but are not limited to: ankle sprains, leg cramps, muscle strains, bone fractures, dehydration, and over-exposure to the sun. Students will be given a walk-through of the course and information about proper nutrition and protection prior to the race. Students will be supervised in a ratio of 1 teacher to every 20 pupils. An emergency first aid kit will be available on site.

Parents and other family members are welcome to attend these events and provide encouragement to our athletes. Please stay within the areas designated for spectators, as the run courses will be open for athletes only at certain points. Should you wish to pick up your child from the race site, a waiver will need to be signed on site. Please see one of the supervisors on race-day to sign this form.

If you agree to allow your child to participate, please sign the digital permission forms, one per meet. Please also include with \$45.00 (cheques made payable to Lakeland Ridge School, or pay the fees online). The permission form needs to be received **before** your child may participate in the practice runs.

Sincerely,

Rob Fisher  
Athletics Director

Ryan Bachor  
XC Coach

Natalie Troup  
XC Coach