



Friday, September 9<sup>th</sup>, 2017

Dear Family,

You are receiving this letter because your child has expressed interest in becoming a member of the **Primary Cross Country Running Team**. We are excited that so many students are so passionate about running! A large part of their training has been taking place in their physical education program during school hours and the remainder will be during the lunch hour.

In order to be a member of the primary Cross Country team, students need to attend lunch practices and demonstrate consistent and significant effort in the Kilometre Club during their physical education program. In past years, the Kilometre club took place at recess and this has now changed to during the physical education program only. In order to train properly and remain a member of the Cross Country team, students are required to come to practice on **Tuesday and Thursday lunches** (beginning Tuesday, September 12th) each week. If your child is away due to illness or an appointment, please provide a letter or email one of the coaches. See the attached permission form for additional scheduling details.

Please keep in mind that your child should be dressed weather appropriate running attire (no jeans). We recommend layers as students often warm up after running. Students are also expected to bring a water bottle.

Our first Cross Country meet will be held on Tuesday, October 3rd. On the day of the meet, we will need volunteers. Please mark it in your calendars, we would **love** it if you are available to help us! Grade 1 & 2 students will be required to run approximately 1km and Grade 3 students will be running approximately 1.5km. More details about this meet will follow as we receive more information.

We look forward running with your child! Please let us know if you have any questions or concerns. Any pressing questions or concerns can be directed to Amy Thomas at [amy.thomas@tdsb.on.ca](mailto:amy.thomas@tdsb.on.ca).

Your Cross Country coaches,

Mr. Jegede, Ms.Harte, Ms. Reinelt & Mme. Thomas

(416) 393-0570

