

Cross Country Information

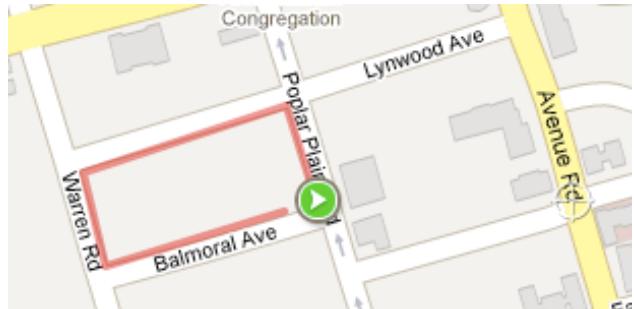
If your child wishes to participate in Cross-Country, you will find all the information you will need below.

As the parent of a primary cross country runner (grades 1 – 3), here is what you will be committing to:

PRACTICES

Parents of children in grades **1, 2 & 3** must escort their children (or arrange for another adult to do so, not a teacher) and stay for the entire **morning** practice (8:00 a.m. till 8:25 a.m.). Please be prepared to help out.

There will also be a practice for primary students during morning **recess** on Tuesdays which parents do not need to attend. These will take place on the field in the school playground.



A neighbourhood block near the school (bordered by Poplar Plains, Lynwood, Warren and Balmoral) will also be used as a running track for the junior students in the morning if there are enough adults to help with supervision.

The practice schedule is as follows:

Practice Day:	Tuesday	Tuesday	Wednesday	Thursday
Time:	8:00 a.m.	10:00 a.m. (recess)	8:00	11:50 (lunch hour)
Grades	4 – 6	1 – 3	1 – 3	4 – 6

Practices begin next week. The first practice is on Tuesday, September 20th for students in grades 4 - 6.

NEW THIS YEAR

In case you are not aware, races start on the beach. Children rarely get the chance to practice running on the sand. This year, there will be an **OPTIONAL** practice from 8:00 a.m. till 9:00 a.m. on Saturday, September 24 on the beach where the race starts at Ashbridges Bay Park. If you plan to attend, please confirm with M. Paré via email at daniel.pare@tdsb.on.ca. All children must be transported and supervised by PARENTS or CAREGIVERS. M. Paré will be coaching, NOT providing supervision. We will meet at the Woodbine Bathing Station where toilets are located and then go to the beach for the practice.

MEETS

On the day of the meet, grades **1, 2 and 3** students must be transported by a parent or guardian. They will also need to be supervised by their parents at the park. Most Junior students (grades 4 – 6) will travel to and from the meet with the coaches by school bus. (Some junior students will travel with parents. This is to be determined.) As indicated below, the first meet takes place at Ashbridges Bay (Lakeshore & Coxwell). The meets begin at 10 am SHARP with the Grade 1 Girls followed by the Grade 1 Boys. As well, before taking your child to the meet, you must stop by the school to pick up a t-shirt. If you prefer, you will be able to pick up the t-shirt before the meet on Wednesday,

September 28 after school in the equipment room by the gym. At the end of the meet, parents are responsible for transporting their grades 1, 2 and 3 children back to the school. Parents are also asked to wash the t-shirt and return it to school with their child.

- If your child qualifies at the first meet on Friday, September 30, he or she will return to compete at the South Conference Finals on Wednesday, October 19 and possibly go on to the City Finals on October 27. Typically, four to eight students from Brown make it all the way to the City Finals. **Students in grades 1 and 2 will only be competing at the first meet. Students in grade 3 will only participate in the first two meets.**

If you and your child are ready to take all of this on, then we would love to have you join us!

Please meet the coaches in the playground five minutes before the start of the morning practice for attendance. There is no need to sign up ahead of time, just show up before the practice and check in with a coach or parent for the attendance. Attendance is very important in order to register runners. Each child is assigned a runner number. We also need to know how many JUNIOR students are taking the bus and we need to get permission forms to junior students. Again, make sure you check in for attendance at practices.

Meets

First Meet	Ashbridges Bay (Lakeshore & Coxwell)	Friday, September 30
Conference Finals	Ashbridges Bay	Wednesday, Oct 19
City Finals	Centennial Park, Etobicoke	Thursday, Oct 27
Distances:	Grades 1 & 2	1000 metres
	Grade 3	1500 metres
	Grades 4 to 6	2000 metres

Additional information will be posted near the gym doors and reminders will go out via the morning announcements and in letters to the runners.

And finally...

RACE DAY VOLUNTEERS

Each participating school is asked to find a volunteer to help supervise the course. It would probably be best for two parents to share this responsibility. If you and another parent would be willing to help out in this way and co-ordinate a schedule for the day, please contact M. Paré by email at Daniel.pare@tdsb.on.ca.

Yours in running,

The X-Country Coaches