



St. Matthew's Elementary School Track & Field Club

March 29, 2018

Dear Parents/Guardians:

Track and Field is upon us and we look forward to a fun and exciting season this spring. Track is open to all students in Grades 3 to 7 and on this page and the next you will find a summary of some important information. **Please read all information in this package carefully.**

RUNNING Practices occur rain or shine so students should dress for the weather (if it is too wet, practice may take place in the gym). Students should always wear their:

- St. Matthew's PE t-shirt and shorts,
- Proper runners
- A hat, warm up jacket, jogging pants and gloves (in cold and/or rainy weather)
- **And, bring a water bottle to each practice (with name clearly labeled on it).**

Track (running) practices will take place from 2:50 to 4:15 pm at Holy Cross High School track on various days (mostly Wednesdays and Fridays). Please check the **Sports Newsletter on the school web site**, following: **Extra-Curricular -> Athletics** to find the most detailed and up to date practice schedule. **ALSO** sign-up for the **REMIND APP** for updates and reminders – instructions are on the web site same location as the Sports Newsletter or **TEXT @b4bck8e to (778) 654-5548**.

Long Jump (for Grades 3-7), Shot Put (Gr.4-7), Discus (Gr.5-7) practices: Mondays and Thursdays 7:50-8:30. Practices will be on the Holy Cross dirt field, so drop-off and pick-up will be by the parked school buses – **PLEASE DO NOT PARK IN THE HOLY CROSS STAFF PARKING SPACES OR BLOCK SCHOOL BUSES.**

- Some long jump and shot put/discus practices will happen during lunch recess
- For safety reasons, if it is too wet, practice will be cancelled

High Jump Practices (Gr. 4-7): Will be held at school at lunch recesses.

Spring Athletic Sports Fee: The Spring athletic fee will be \$10.00 per student (\$20 max. for families). This money goes towards registration and administrative fees of Track Meets and the purchase and maintenance of athletic equipment.

The **first RUNNING practice will start on FRIDAY, April 6th, 2018**. It is expected that track athletes attend scheduled practices. If your child signs up for track & field, he/she must be picked up (4:15 pm) promptly at Holy Cross track. If your child is not picked up on time, a coach will walk them back to the school. Please be aware that if your child misses and/or is late for 3 practices due to an insufficient reason, or if his/her behaviour is unacceptable, then this may result in your child not being able to participate in this program.

TRACK MEETS: Coaches will try their best to ensure that every athlete will have the opportunity to participate in as many track meets as possible, but please be aware that some meets have limited entries (that means there is a maximum number of athletes per age group that can participate in any given event). As for the CISVA Meet, we will select our best team for this meet because there are not enough spots for all students to participate. **By around May 12th, athletes will be informed as to who will be continuing in the track program for the CISVA Track Meets due to the limited entry of one athlete per event.**

The Track and Field Team will participate in the following meets this season:

- Tues. April 24th – **St. Bernadette's Meet @ Bear Creek Park, Surrey – Drivers needed–or drop-off/pickup**
- Fri. April 27th – **Holy Cross High School Track & Field Meet @ Holy Cross Track**
- Wed. May 2nd – **Mini Meet** with Cloverdale Catholic and OLG C @ Holy Cross Track
- Sat. May 12th – **Knights of Columbus Track & Field Meet @ Bear Creek Park – Parent drop-off/pick-up**
- Wed. May 16th - **Cloverdale Catholic Mini Meet (for Gr. 3 & 4 only) @ Cloverdale Cath. - Drivers needed**
- Wed. May 30th – **CISVA Track & Field Meet – Day 1 @ Swangard Stadium (9-3:30; must qualify to attend)**
- Wed. June 6th – **CISVA Track & Field Meet – Day 2 @ Swangard Stadium (9-3:30; must qualify to attend)**

While school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of the activities, and may occur without fault on the part of the student, school, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk of injury associated with this activity.

We look forward to many students participating in track and field. If your child has permission to participate, please fill out the form on page 2 and return it no later than **Wednesday, April 4th, 2018 (or by the first practice on Friday April 6th)**. If you have any questions, please feel free to contact us at the school.

Sincerely,

Mr. Durante, Miss Welsh, Ms. Baldissera, Mrs. Davies, Mrs. Tzetzos, Ms. Pacheco, Mrs. Dias, Ms. Sarangelo



St. Matthew's Elementary School Track and Field Team Contract

Parents and students should read this contract together. Please check each item after reading and sign as indicated. Please return this form to your child's teacher. **Forms that are not filled out completely/correctly will be returned.**

Child(ren) _____

 (names) (year born) (Grade)

Student Commitment

- I will attend all practices. If an important reason prevents me from coming to practice I will let a coach know the day before.
- I will demonstrate good sportsmanship and behaviour at all times.
- I will work to the best of my ability.
- I will come to practices and events wearing St. Matthew's gym uniform and proper runners (I will wear a jacket, jogging pants, gloves and a hat if the weather is cold).

Parent Commitment

- I will ensure that my child is picked up from practices on time

By signing this permission form, I not only grant my son/daughter permission to participate in the track and field practices but, I also understand that:

- a) There is a chance that my child may not be selected for the CISVA meets;
- b) My child may not be allowed to participate any further in track and field if he/she misses and/or is late for 3 practices without sufficient reason, or if he/she shows unacceptable behaviour.
- c) While school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of activities, and may occur without fault on the part of the student, school, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk of injury associated with this activity.
- d) I acknowledge my right to obtain as much information as I require about this program or activity and associated risks and hazards, including information beyond that provided to me by the school or board.
- e) I freely and voluntarily assume the risks/hazards inherent in the program/activity and understand and acknowledge that my child may suffer personal and potentially serious injury arising from his/her participation.
- f) I acknowledge that it is my responsibility to advise the Lead Teacher of any medical and/or health concerns of my child that may affect his/her participation in the stated program or activity.
- g) I acknowledge that the trip supervisors may secure transport to emergency medical services as they deem necessary for my child's immediate health and safety, and that I shall be financially responsible for such services.

Parent's Name _____ Signature _____

Parent(s) Contact number: _____ email: _____

Date: _____

___ YES, my child is not 9 years old and will require a car seat to travel in other parent's vehicles.

___ YES, I have included the Spring Athletic Fee (\$10 per child or \$20 for 2 or more children)

We will be requiring the assistance of parent drivers to get our athletes to and from track meets. If it is possible at this time, could you fill in the following chart with information. We will be sending home individual meet information as each meet approaches asking for this similar information. **Please note that whenever driving for field trips and extracurricular activities, there should be no stopping in between the trip such as getting a treat for the children in your vehicle.**

Meets that require parent drivers:	Can you Drive? (✓)	Number of seats available (including your child)?
Tues. Apr. 24 th – St. Bernadette's Meet @ Bear Creek Park		
Wed. May 16 th – Cloverdale Cath. Track Meet (at Cloverdale Catholic School for Grades 3 and 4 only)		
Wed May 30 th – CISVA Track & Field Meet		
Wed June 6 th – CISVA Track & Field Meet		

___ Yes, I have signed up for the REMIND APP to get Track & Field practice and meet updates and other important information: To sign up please text the following phrase: @b4bck8e to 778-654-5548