Cross Country 2019

Friday, September 6th

JOIN FOR FUN, FITNESS, EXERCISE, CROSS-TRAINING

Dear Parents and Athletes,

The 2019 Cross Country season begins with the first practice on **Monday, Sept. 9th** for any child in Grades 2 – 7 who wants to be part of a team and will strive to do their best. The following information is very important for both parents and athletes to read and understand. If you are not clear on any of the below points, you must contact Mr. Durante (P.E. Teacher), Ms. Welsh (Principal), or Mrs. Smith (Grade 6) before you sign this contract.

PRACTICES: Monday and Wednesday 7:45 am to 8:30 am - Meet at Holy Cross Track
**** First Practice will be Monday Sept. 9th at 7:45 am. ****
****** If drizzling, practice will take place at the track – If it is raining heavily, practices will be in the gym******

Practice Attendance: All runners must try to attend the running practices. If you are unable to attend, a note must be sent to one of the coaches as soon as possible. On Monday and Wednesday mornings, we meet at the Holy Cross track at 7:45 am sharp. After 5 to 10 minute warm up we will begin the running program for that day. If the team has begun their run, athletes will be considered late.

School Work: To be involved in an extracurricular team sport requires excellent time management. Students must use their classroom time as well as their time at home to complete all school work. Athletes who are not able to complete their school work may be removed from the team.

Fall Athletic Sports FEE: The Fall athletic fee will be a $10.00 per student ($20 max. for families with 3 or more children in Fall athletics). If you are also participating in Volleyball, there is only one Fall fee. This money goes towards registration and administrative fees of tournaments and meets, as well as the purchase of athletic equipment and team uniforms.

Cross Country Meet Dates and Transportation:
The St. Matthew's team will enter 3 cross country meets this season:

Star of the Sea Meet (at Crescent Park – 2610 – 128 St., Surrey)	Thursday Sept. 19th - tentative as Mr. Durante and Ms. Welsh are at Outdoor Ed.
Boundary Bay/Sacred Heart Meet (at Boundary Bay Park, Tsawwassen)	Friday Sept. 27th
CISVA MEET (at Swangard Stadium, Burnaby)	Wednesday Oct. 2nd

These meets are held during the school day and will require the help of parent drivers for transportation and supervision of the athletes. In the case that we do not have enough rides, every athlete may not be able to participate in all of the meets.

LIMITED ENTRY MEETS: The CISVA (Catholic Independent Schools of the Vancouver Archdiocese) Meet – which will be our final meet (Oct. 2nd) – is a **limited entry meet.** Each school can only register **4 racers per age group** (4 boys and 4 girls) into the race. The other runners that make up the rest of the team may enter what is called the **Fun Run**. The coaches will be choosing the 4 runners for the limited entry meet based on attendance during school practices and timed runs at practice and in the Boundary Bay Meet. We encourage students to always try their best throughout the season, working to improve on their personal best, and not always focused on winning or being the top runner.

Sports Newsletters/REMIND App: It is the responsibility of each family to view the SPORTS NEWSLETTER, which will be published on the school Web Site EACH WEEKEND. This newsletter gives important information about the upcoming events as well as results from past races. Please sign up on the **REMIND** app, please use the following code: **@mrddura** (Text the message **@mrddura** to the number **(778) 654-5548**) it is easy to sign up and it is the quickest most efficient way for us to communicate up to the minute information. **Rogers subscribers no longer supports text messages, so please download the Remind App and use the code @mrddura, or type the following into a search bar: rmd.at/mrddura**)

In order for you to attend the practices with the team, you must return this Consent Form

St. Matthew's Cross Country Consent Form 2019

To the Parent(s)/Guardian(s) of all Cross Country Athletes,

Please read the contents of this Consent and Acknowledgement of Risk form. Clarify any questions or concerns with Mr. Durante (P.E. Teacher), Ms. Welsh (Principal), or Ms. Baldissera(Kindergarten) BEFORE signing it.

SCHOOL RESPONSIBILITIES *The board will make every reasonable effort to ensure or ascertain that:*

a. The staff, volunteers and/or service providers involved are suitably trained and qualified.
b. The students are adequately supervised over all aspects of the program/activity.
c. The location(s) used are appropriate and safe for the activity and group.
d. Equipment used has been inspected and deemed appropriate and safe.
e. A Safety Plan is in place to identify and manage known potential risks.
f. An Emergency Plan is in place to deal with an injury or illness to any of the students.

POTENTIAL KNOWN RISKS *include the following:*

- Injuries related to vehicle crashes en route to and from activity area
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to trips and falls;
- Allergic reactions to natural or food related substances; and
- Other risks normally associated with participation in the activity and environment

CONSENT AND ACKNOWLEDGEMENT OF RISK

1. 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.
2. 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.
3. My child has been informed that he/she is to abide by the rules and regulations, including directions and instructions from the school's and/or service provider's administrators, instructors, and supervisors over all phases of the program/activity.
4. In the event my child fails to abide by these rules and regulations, disciplinary action may require his/her exclusion from further participation, or that I be contacted to have him/her picked up, unless I have specified other transport arrangements.
5. 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.
6. 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.

Based on my understanding, acknowledgement, and consents as described herein,

I give my child(ren) _____ _____ _____

_____ _____ _____

_____ _____ _____

(names) (year born) (Grade)

permission to participate in the following practices and meets with the **Cross Country Team** on the dates listed above and on the school Calendar. I understand that my child may be exposed to certain risks while participating in this activity. I understand that my child may travel in my own vehicle, a vehicle driven by other Parents/Guardians of our school, in a SMES staff member's vehicle, and/or a School Bus. Accidents and injuries may occur.

Any child under 9 years old, MUST provide a car seat when traveling in other peoples' vehicles.

_____ _____

Signature of Parent/Guardian Date

_____ _____

Printed name of Parent/Guardian Phone Number(s) (most likely to reach during school)

☐ **Yes, I have included the FALL ATHLETIC FEE of $10 with this consent form**
or ☐ I already sent it with my Volleyball consent form

☐ Yes, I have signed up for the **REMIND** App (Text the message **@mrddura** to the number **(778) 654-5548 or follow other options described on first page**)

Can you help drive to any or all of the following meets?

Meets	Drive? (Yes or No)	How many seats available (including your child)?
Thurs. Sept. 19th – **Star of the Sea Meet** @ Crescent Park Tentative participation as Mr. Durante and Ms. Welsh will be away	**Y N**	
Fri. Sept. 27th – **Boundary Bay Meet**	**Y N**	
Wed. Oct. 2nd – **CISVA Meet** (Swangard Stadium)	**Y N**	