

September 21, 2023

Dear Parents/Guardians and Students,

Welcome to the Collingwood Cross Country Team!

Our first practice will be Tuesday, September 26th, and the first mini meet on Thursday September 28th.

Training Schedule

The cross country team will practice every Tuesday at 8:20 a.m. We will meet on the school's east side (right side of the main entrance). Practices start on time, rain or shine. **Students must attend practices to be able to participate in meets. Permission forms for the first meet will be handed out at the first practice.**

Mini-Meets at Trout Lake Park

The cross country team will participate in three after-school mini-meets at Trout Lake Park (starting at the south-east corner of the park). The mini-meets start at 3:30 p.m. and finish at approximately 4:30 p.m. **Students must attend practices if they want to participate in the mini meet.** If a meet is cancelled, participating schools will receive the call by 1:00 p.m. and this information will be communicated from the school by email. Before you leave the mini meet with your child, you must check out with the teacher in charge and receive the permission form for the next mini meet.

District Meet at Trout Lake Park

The cross country team will participate in the district meet at Trout Lake Park scheduled for October 19th at 1:00 p.m. **Students must attend mini meets in order to participate in the district meet.** *Information about the district meet will be sent out closer to the date.*

What to wear and bring?

Students must wear athletic clothes and running shoes to practices and meets – **NO JEANS**. Snacks and water bottles are a great idea to bring as well.

Transportation

All students must be accompanied by parents/guardians during the meets unless arrangements have been made with other parents or the coaches.

Students who will be picked up or driven by parents/guardians to Trout Lake Park will be dismissed from school at 2:45 p.m. Please pick them up on the west side of the school and meet us by the playground/washroom south of Trout Lake Park.

Students who will *not* be picked up or driven by parents/guardians will take transit with the coaches to Trout Lake Park and back to Collingwood. We will leave the school by approximately 2:45 p.m. and arrive back by approximately 4:45 p.m. at the school's main entrance. Parents/Guardians can pick students up at Trout Lake Park. **If you choose to pick your child up at Trout Lake Park, please arrive before 4:00 p.m. and make sure you check in with one of the coaches before leaving with your child. This is important because we cannot leave the site until every child on the team is accounted for.**

Thank you for your support! If you have any questions, please e-mail Mrs. Chapelski at jchapelski@vsb.bc.ca

Ms. Chapelski, Ms. Phan, Mr Burris and Mrs Butler
Collingwood Coaches