

ÉCOLE CATHOLIQUE CATHÉDRALE

301, rue Johnson Street

Kingston, Ontario

K7L 1Y5



Directeur/ Principal: Nienke Hoedeman

Tel: (613) 546-7555

Directrice adjointe/Vice Principal: Louise Trudeau

Telecopieur/Fax: (613) 546-0760

March 28th 2019

Cross Country Running Team Parent/Guardian note:

Our school board Cross Country Running Meet will take place on Monday May 13th, 2019 at Fort Henry Hill (rain or shine). The team will begin practices on Wednesday April 3rd and follow the schedule below. Aladdin cast members can be on the team even if they miss some practices.

1. Wednesday, April 3rd
2. Wednesday, April 10th
3. Friday, April 12th
4. Wednesday, April 17th
5. Wednesday, April 24th
6. Friday, April 26th
7. Wednesday, May 1st
8. Friday, May 3rd
9. Wednesday, May 8th
10. Friday, May 10th

*****The Meet at Fort Henry Hill is on Monday, May 13th, 2019.**

Students will meet in Mme Vermette's room at 2:35pm for attendance. Practices will take place at City Park on Barrie Street rain or shine. We may do the practice in the gym and halls if it is very rainy. Please ensure that your child has appropriate clothing for each practice: shorts or sweat pants, t-shirt, running shoes (no boots) and a water bottle (and inhaler, epipen if applicable).

Please arrange for your child to be picked up at the school by 3:45 pm. Please send a note if your child is to walk home or is to be picked up by someone other than yourself.

The expectation is that all participants be able to complete his or her race in a reasonable amount of time without stopping. Students need to practice at home a third day per week to be truly in shape for the meet.

Race divisions are as follows:	Tykes	1.7 km	Grades 3 and 4 (born 09/10)
	Juniors	2.5 km	Grades 5 and 6 (born 07/08)
	Senior Girls	2.5 km	Gradee 7 and 8 (born 04/05/06)
	Seniors Boys	3.4 km	Grades 7 and 8

Please fill out the form below and return for the first practice.

Yours truly,

Mme Adele, Mme Drouin et Mme Vermette

My child (full name please) _____ in grade _____ / born _____
has permission to attend practices for the school's Cross Country Running Team. I have arranged to have my child picked up by 3:45pm.

Signature or parent or guardian: _____



Algonquin and Lakeshore Catholic District School Board
151 Dairy Avenue, Napanee, Ontario K7R 4B2 (613) 354-2255 / 1-800-581-1116 Fax: (613) 354-4772