



École Sandy Hill
Elementary School



SANDY HILL ELEMENTARY SCHOOL GRADE 4/5 CROSS COUNTRY TEAM

Dear Parents/Guardians,

September 12, 2023

The Sandy Hill Cross Country Team has started practicing for the up-and-coming season. This year we will be running cross country races against other schools in our zone. Please ensure that your child is dressed appropriately for all types of weather and has a light snack and some water.

The races this year will be on **TUESDAYS - September 26th, October 3rd, and October 10th**. All three meets will be held at **BATEMAN PARK (NOT the school)**.

If you wish for your child to participate you need to provide your own transportation to and from the races. When you arrive, please look for the Sandy Hill coach so you can check in and get a jersey. The coach usually has a large purple rubbermaid containing Sandy Hill Jerseys. The students should report to the Sandy Hill coach, put on a jersey, and begin the self-led "A-D" warm up and stretching routine. **The grade 5 girls will run at 3:15, Grade 5 boys at 3:30, Grade 4 girls at 3:45, and Grade 4 boys at 4:00.**

Practices will be held on Mondays and Thursdays during the first recess and students will run onsite. Please remind your child to listen to the announcements regarding practices and extra-curricular opportunities. Students will be encouraged to finish three laps of our entire school property (excluding parking lots) without walking to ensure they will be able to finish the course on race days.

We will work on stretching and pacing during practices. Team members should run for 10-15 minutes continuous on the weekends to ensure cardio fitness levels and endurance are sufficient for the course.

We will need parent volunteers to supervise the racers at a designated spot along the trail. If you are available to help, please email Coach Smith.

If you have any questions, please feel free to contact me by phoning the school or via email.

sylvia.smith@abbyschools.ca

STUDENTS MUST SIGN THE PERMISSION FORMS DIGITALLY ON SCHOOL CASH ONLINE to participate in the races at Bateman Parks.

Thank you,
Sylvia Smith
Physical and Health Education
Sandy Hill Elementary School