



Gr 2- 7 Season Info & Permission form 2021

We are excited to be starting our Cross Country Season! It is open to students in Gr 2 -7 who are eager and enthusiastic runners! It will be a fast and fun season- and fingers crossed- we hope to have a CISVA Meet on October 6th (dependant on COVID-restrictions NOT changing)! Please note the following:

- 1- Masks are optional, as this is a rigorous activity
- 2- This season, to promote more distancing on the trails, we will not be including Parent Volunteers. We look forward to including you soon!

PRACTISES

Ms. Gaspar will be running with all Star of the Sea students in PE classes. Cross Country practises are (most) Monday, Wednesday and Friday mornings at 8:00am (see attached schedule). We meet in the gym for warm up, then run on the trails. Students are led by a "rabbit" and followed by a "turtle"; staff members supervise along the route to ensure all students are running, and for first aid and for safety. STUDENTS MUST train appropriately for Cross Country distances, so regular attendance is MANDATORY. Too many missed practises may result in your child being removed from the team. We do record the students' "times" and order across the finish line, to assist with selecting our CISVA Championship Team.

MEETS

We will hold our own **Star of the Sea On-Site Meet** on September 27th. See schedule for estimated start times for this fun event! The SOS Meet is the End of Season for students not wanting to be considered for the CISVA Championship Meet.

The CISVA Championship Meet is held on Oct. 6th at Swangard Stadium. Usually 42 Catholic schools participate, and we are the reigning three-time Champions! As this is a CHAMPIONSHIP meet, we are restricted to taking only the fastest 3 boys and 3 girls from Grades 2 – 7 for this meet. To select the fastest runners, students are recorded at each practise, and at the SOS On-site Meet. Selecting only 3 runners per grade is a very hard choice for coaches, and we thank you in advance for your understanding and support for the hard choices that have to be made. Invitations for the CISVA Meet will be sent home on September 28th to the selected students, with more details included.

SCHEDULE

Sept. 13 8:00 practise	Sept. 14	Sept. 15 NO PRACTISE PHOTO DAY	Sept. 16	Sept. 17 8:00 practise
Sept. 20 8:00 practise	Sept. 21	Sept. 22 8:00 practise	Sept. 23	Sept. 24 8:00 practise
Sept. 27 SOS MEET	Sept. 28 CISVA Team Permission Form comes home	Sept. 29 8:00 practise CISVA TEAM ONLY	Sept. 30	Sept. 31 8:00 practise CISVA TEAM ONLY
Oct. 4 8:00 practise CISVA TEAM ONLY		Oct. 6 CISVA MEET		

SOS ON-SITE MEET

START TIMES/ DISTANCES:

Gr. 7 9:15 am (2 km)

Gr. 6 9:45 am (2 km)

Gr. 5 10:30 am (1.6 km)

Gr. 4 11:15 am (1.6 km)

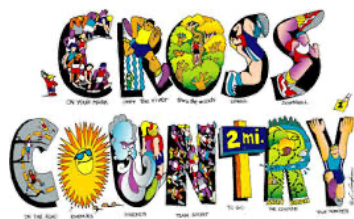
Gr. 3 1:00 pm (1 km)

Gr. 2 1:45 pm (1 km)

- * Runners come to school in FULL PE strip
- * Races will be by grade
- * Runners stay in class until their race start time
- * Runners will participate in a "Ribbon Ceremony" after their race and then return to class
- * Ribbons will be given to 1st – 4th place
- * On Race Day, parents can cheer on our runners by standing along the big field/ parking lot sidewalk (socially distanced please)

We are looking forward to an exciting Cross Country season!

Mrs. Angela Bouvier and Ms. Dorita Gaspar (Head Coaches)



Permission form 2021

My child _____ in Grade _____, born in the year _____
(PRINT first, last name) (i.e. 4 or 4A)

_____ will participate on the 2021 SOS Cross Country Team.
(i.e. 2013)

Please initial:

My child will attend ALL Morning Practises at 8:00am, in order to be eligible to participate in the SOS Meet or CISVA Meet.

My child will wear PE strip to the morning practises and the SOS Meet: runners, PE shorts, PE shirt.

My child will participate in the SOS On-Site Meet on September 27.



Parent signature