***King Street Elementary Cross Country Program***

King Street Elementary will be having a Cross Country Running program again this fall. Cross Country is a sport that challenges students by having them run outside in a natural environment (over fields, paths, hills, trails, through the woods, etc.). The excitement of this sport is that no two races are ever the same due to the course or weather (we run in all types of weather).

Need to know information for Cross Country:

* Practices are after school on Monday and Wednesday (unless we have a meet), from 3-4pm.
* Runners must dress for the weather and have proper footwear.
* Runners are responsible for their drive from practice, and to and from all races.
* Runners that do not attend practice cannot participate in races.
* Races are held at other elementary schools throughout the district (4pm start time).
* Races are 1km in length and are divided by grade and gender.
* Student behaviour in school, at practice or at meets can result in removal from the school team.
* A schedule for practices and races will be sent home will all runners.

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**Date: September 5, 2018** (please return before the first practice)

Cross Country Permission Form

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(student name)** \_\_\_\_\_\_\_\_\_\_\_ **(homeroom)** has permission to participate in the **King Street Cross Country Program,** knowing the rules and expectations. Students are responsible for their own equipment and drives to and from all games.

Parent/guardian name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/ guardian phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell: \_\_\_\_\_\_\_\_\_\_\_\_