



# Holy Cross Elementary School

September 4, 2019

## CISVA Cross Country Season

Dear Parents and Students,

Welcome back! Our cross country running season will begin this week and end at the CISVA Cross Country Championships on Wednesday, October 2nd. Cross country is open to all students in grades 2-7. Practices will be held in P.E. classes as part of the fitness component, as well as on some mornings. Please make note of the important dates below:

### Cross Country Dates

- Practices for Grades 2 – 4 – Tuesdays (8-8:30) at Brentwood Park
- Practices for Grades 5 – 7 – Wednesday (8-8:30) at Brentwood Park
- St Mary's Meet – Tuesday, Sept 24th (10am – 2pm) at Memorial South Park
- Holy Cross Mini Meet – Friday, Sept 27th (1-3pm) at Brentwood Park
- CISVA Championships – Wednesday, Oct. 2nd (10:45am – 2:30pm) at Swangard

Morning practices will begin at 8:00am in the gymnasium with a stretch, and move across the street to Brentwood School field for training until 8:30am. Students that arrive after 8:05 are asked to report directly to Brentwood.

FYI – Distances for the Championship Event are as follows:

- Grade 2 (under 8) – 1.63km
- Grade 3 (under 9) – 1.63km
- Grade 4 (under 10) – 2.25km
- Grade 5 (under 11) – 2.25km
- Grade 6 (under 12) – 2.88km
- Grade 7 (under 13) – 2.88km

The CISVA Cross Country Championships on Wednesday, October 2nd at Swangard Stadium is an entry meet. Each grade may enter 4 girls and 4 boys to compete in the competitive race for points. All other participants will run in the FUN RUN.

Please note that as with track and field, all grade categories are “under age” categories, where younger students are allowed to run in older grades when they have earned it. It is rare that we do this, but in cases where a student in a younger grade is outperforming older students by a significant margin, we will enter that student to compete in the grade above.



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**While school and staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of the activities and may occur without fault on the part of the student, school, its employees or agents, of the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk associated with this activity.**

Students in grades 4-7 who demonstrate ability as well as dedication to the cross country program will be selected to participate in the school's running club. The running club will begin once Cross Country and Girls' Volleyball has concluded. Further details regarding the running club program will be provided in the near future.

Sincerely,

Mrs. K. Crescenzo, Mr. C. De Fazio, & Ms. V. Campbell



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**Please return this form to your classroom teacher by Thursday, September 5<sup>th</sup>.**

## CROSS COUNTRY CONSENT

I \_\_\_\_\_ in \_\_\_\_\_ agree to follow the guidelines and  
(Student Name) (Grade)

directions of the coach and agree to behave properly at all times.

\_\_\_\_\_  
(Student Signature) (Date)

I \_\_\_\_\_ give permission to my child to participate in all  
(Parent Name)

Cross Country related activities involving the Holy Cross School Team, as indicated in the attached letter. I agree to respect the coach's decisions in regards to team selection and development.

\_\_\_\_\_  
(Parent Signature) (Date)