



CROSS COUNTRY RUNNING 2025

Monday, September 8th, 2025

What: Cross Country meets are just around the corner! **Who:** Grades 3-7

Training sessions: 8:00am-8:30am starting Friday, September 12th rain or shine – please bring your permission slip to the first practice!

Please be **on time**, ready to go with running shoes, shorts, water bottle, etc. We will meet in front of the library.

Cross Country Meets: Tuesday, September 16th, September 23rd and October 7th from 3:45 – 5:00 pm at Ambleside Park.

Coaches: Mme Davenport, Mme Valerie, Mme Ginny, Mme Brigitte

Parent/caregiver volunteers: Each school must provide three parent/caregiver volunteers at each meet. The volunteers will act as field marshals during the races. The field marshals can be different from one week to the next. Please let M. Hugo know if you can assist at hpaquin@wvschools.ca. Thank you in advance for your support!

Getting to the meet: Parents/caregivers are responsible for their child's transportation to Ambleside Park from Cedardale at 3:00pm.

Clothing: Running shoes, black shorts and a red Cedardale t-shirt. ***T-shirts are available at the school office (in most sizes) or online at the Cedardale Spirit Wear store for \$25.***

Weather cancellations: Cancellations will be communicated by 1:00pm on the day of the meet.

Remember, it is the parents'/caregivers' responsibility to pick up their child from each meet at 4:45pm. (Come early and cheer us on!)

West Vancouver Elementary Coaches Association Athletic Fees:

Due to the increasing cost of fees associated with running our Elementary Athletics programs in all West Vancouver schools, the West Vancouver Elementary Coaches Association charges \$10 per student per sport.

Payments will be made through School Cash Online. All participating families of students in Grades 3-7 will receive a School Cash Online message saying the payment link for Cross Country fees will be live.

Parking Update: Please note that the District of West Vancouver has implemented pay parking at Ambleside Park effective September 15th. Families attending practices, meets, or events will need to pay for parking at this location. Payment signage and instructions will be clearly posted in the park. West Vancouver residents may apply for a free annual parking pass through the District by providing proof of residency and vehicle registration. More information is available on the District of West Vancouver website.

We look forward to an exciting Cross-Country season ahead! Vas-y Hawks!.

Your Cross-Country Team

CUT HERE AND RETURN THE BOTTOM PART ONLY – KEEP THE TOP FOR YOUR REFERENCE

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In accordance with School District # 45 Policy, the following must be included on all permission forms:

Accidents can be the result of the nature of the activity and can occur with or without fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described, is suitable for your child.

I give permission for my child, _____, who is in Grade _____ (Div. _____) to participate in both the Cross Country training sessions and district meets.

- ☐ I understand that my child must attend at least one training session a week in order to participate in the district meets.
- ☐ My child has a red Cedardale t-shirt.
- ☐ I understand that training sessions will occur **on and off** school property, in the neighbourhood of the school.
- ☐ I will pay the \$10.00 fee via the School Cash Online link.
- ☐ I am aware that I am responsible for my child's transportation to Ambleside as well as pick-up arrangements for my child at the end of the meets at Ambleside Park (4:45pm).

_____ Yes, I am available to **be a parent/caregiver volunteer** (field marshal) at the racecourse at Ambleside for the district meets. (Sept. 16 _____ Sept. 23 _____ Oct. 7 _____)

Parent/caregiver's name

Parent/caregiver's signature

Email

Please return this one page to M. Hugo or the office by Friday, September 12th, 2025.