



PICKERING
CHRISTIAN
SCHOOL

Mr. D. Park
Principal

Mrs. J. Grant
VP - Primary

Mr. N. Ogborne
VP - Intermediate

Dear Parents and Guardians of Cross-country Warriors!

As mentioned previously, today was our run-off to qualify for our competition set for next week. The weather forecast looks perfect with a high of 15°C and sunny with some clouds. It is, however a 40% chance of rain, so please prepare your athlete accordingly as we get closer.

To review, we are hosting this year's Cross-Country Meet at Lakeridge Ski resort on **Oct 20, 2021**. Unfortunately due to Covid protocol and restrictions as put forth by Durham Health, no spectators are allowed but I will send a schedule home for your information and you can pray knowledgeably. Each athlete, upon making the team, will come to school on the day of, as usual, and **we will be boarding a bus** to attend our meet. All attending should come prepared to be active according to the conditions and weather of the day. I would ask to run in black **school shorts (worn under sweats to keep warm) and our red gym shirt** (depending on the weather conditions, possibly over another shirt). Soccer cleats are permissible according to conditions but traditional "**pin**" spikes, traditionally used by Cross Country teams, are not. Lunch and water bottles for hydration and nutrition are required. Depending on the weather and conditions, a change of shoes and socks would also be recommended. In order to make the team and then be eligible to participate in this event, Our athletes must be able to jog/run their distance without slowing down to a walk. **Grades 3, 4, and 5 will be running 1500m, and Grades 6, 7, and 8 race distance is 2000m.**

Mr. Ballanger is directing the Meet and will meet everyone at the venue when they arrive, while Mr. Ogborne and Ms. Pennycooke will be accompanying our team on the bus. Below, please sign giving permission for your child to participate and travel, and return to your child's teacher.

Thanks, again for your prayerful support as we run for the Lord,

Yours in His Service,

Mr. Ballanger
Coach/PCS Athletics

I give permission for _____ to attend the Christian School Cross Country Meet and travel by bus with the school team.

I do not give permission for _____ to attend the Christian School Cross Country Meet and travel by bus with the school team.

Parent's Signature _____ Date: _____

Print Name _____