



**PICKERING
CHRISTIAN**
SCHOOL

Mr. D. Park
Principal

Mrs. J. Grant
VP - Primary

Mr. N. Ogborne
VP - Intermediate

Parents/Guardians of Warrior Cross-Country Runners!

What a great start to our training season! If you have not already known, we are working hard seeking to build strength and endurance as we run every Monday, Tuesday, and Thursday at first break, and in gym classes. As well I have been asking **each athlete to run one on the weekend with the family (preferably on trails - ie. Heber Downs, Whitby Shores, Ajax lakefront trail, etc) for 15-20 minutes of jogging.**

I wanted to give you an update as to what's happening. **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.

A letter of permission will be coming, hopefully on Monday.

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

Coaches Ballanger and Pennycooke
PCS Athletics

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