



PICKERING
CHRISTIAN
SCHOOL

Parents/Guardians,

Cross country running is the first extra-curricular sport that allows so many athletes to participate together on a school team. Students from grades 3 (and under, although younger will be running in the Gr 3 race) to 8, both boys and girls are invited to train four days a week and then as we approach our meet date, we have a practice run of appropriate distances for each age category.

In order to be successful in making the team, every athlete must be able to run their race distance without stopping or slowing down to a walk. Rain or shine the cross country meet will be on Oct 22nd at Lakeridge Ski - 790 Chalk Lake Rd., Uxbridge, ON.

If you wish to volunteer please make sure you have a **valid police check** and then fill in the form below.

Practice Schedule:

- Onsite training - Mon, Tues, Thurs, Fri @ 10:30 - First break
- OPTIONAL Offsite training - Wednesdays Sept 23, 30, Oct 7, 14 after school at 4:00 pm - 4:45, at Heber Downs, South entrance Lyndebrook and Country Lane- **See map on back. Students must be driven by and have a parent/guardian present at all times during OFF SITE training sessions.**

Thank you for all your prayers and support as we seek to train our best for His glory,

T. Ballanger, Mrs. A. Johnston, Ms. S. Pennycooke
PCS Phys-Ed and Athletics

(Cross Country Grades 3-8)

I give _____ permission to attend the offsite practices and the meet on Oct 22, 2026.

I do not give _____ permission to attend the offsite practices and the meet on Oct 22, 2026.

I have my police check and I _____ am interested in volunteering for this event.

Parent's Signature

Date

162 Rossland Rd. E.
Ajax, ON L1T 4V2

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FAX: 905. 427.0211

office@pickeringcs.on.ca



Heber Down Conservation Area - parking lot

4.7 ★★★★★ (124)
Park · 🚗

Overview

Reviews

About



Directions



Save



Nearby



Send to
phone



Share

✓ Dogs allowed



Whitby, ON L1P 2A3



Open · Closes 8 p.m. ▾

