



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 three 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 27th 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, Wed, Thurs @ 10:30 - First break
- OPTIONAL Offsite training - Wednesday after school at 4:00 pm - 4:45, at the following locations. **Students must be driven by and have a parent/guardian present at all times during OFF SITE training sessions.**

Oct 1 - Meet at Tim Horton's parking lot opposite Amazon (Rossland and Salem)

Oct 8 - Meet at Heber Downs, South entrance Lyndebrook and Country Lane- **See map on back**

Oct 15 - Meet at Heber Downs, South entrance - Lyndebrook and Country Lane- **See map on back**

Oct 22 - Meet at Heber Downs, South entrance - Lyndebrook and Country Lane- **See map on back**

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

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(Cross Country Grades 3-8)

I give \_\_\_\_\_ permission to attend the offsite practices and the meet on Oct 27, 2025.

I do not give \_\_\_\_\_ permission to attend the offsite practices and the meet on Oct 27, 2025.

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

TEL: 905. 427.3120  
FAX: 905. 427.0211

office@pickeringcs.on.ca



## Heber Down Conservation Area - parking lot

4.7 ★★★★★ (124)

Park · [g](#)

Overview

Reviews

About



Directions



Save



Nearby



Send to phone



Share

✓ Dogs allowed

Whitby, ON L1P 2A3

Open · Closes 3 p.m. ▾

