



PICKERING
CHRISTIAN
SCHOOL

Mr. D. Park
Principal

Mrs. J. Grant
VP - Primary

Mr. N. Ogborne
VP - Intermediate

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 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 23th at Hy-Hope Farm - 5450 Lakeridge Rd. Ashburn, 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 - Wednesday after school at 4:00 pm - 4:30, at the following locations. **Students must be driven by and have a parent/guardian present at all times during OFF SITE training sessions.**

Sept 18 - Meet at Tim Horton's parking lot opposite Amazon (Rossland and Salem)

Sept 25 - Meet at Heber Downs, South entrance Lyndebrook and Country Lane - **see map on back**

Oct 2 - Meet at Tim Horton's parking lot opposite Amazon (Rossland and Salem)

Oct 9 - 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

(Cross Country Grades 3-8)

I give _____ permission to attend the offsite practices and the meet on Oct 23, 2024.

I do not give _____ permission to attend the offsite practices and the meet on Oct 23, 2024.

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

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

TEL: 905.427.3120
FAX: 905.427.0211

Parent's Signature

Date