



# Immaculate Conception School

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September 6, 2019

Dear Parents:

Welcome back! I am excited that our new season of athletics is underway. Our first sports activity of the year is cross-country running. The meets are open to all students in Grades 2 through 7 and are a great way to keep our KODIAK spirit high and our students active. Our first cross-country meet will be held at College Heights Elementary School on Thursday, September 26<sup>th</sup>. Our school will be hosting the Annual Kodiak Country Meet on Wednesday, October 2<sup>nd</sup>.

For younger runners (Grades 2, 3, and 4); the route is not more than 1km in length. For older students, the route is not more than 2km. We will be practicing during the lunch hour on Tuesdays and Wednesdays, but I encourage practice outside of school as well.

*Parents will be responsible for ensuring their children have a ride to the College Heights meet. Please arrange for your child to be picked up at the cross-country venue when the event is over (no later than 4:00pm).*

More information will follow regarding the meet at College Heights.

Our school runs an excellent cross-country meet. This is due to our MANY volunteers. The feedback on last year's meet was extremely positive and I am looking forward to hosting again this year. We will once again need parent volunteers to ensure the meet runs smoothly. If you are able to help on October 2<sup>nd</sup>, please let me know (e-mail is best):

E-mail: [kames@cispg.ca](mailto:kames@cispg.ca)

Thank you,

K. Ames

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**PLEASE RETURN THIS PORTION TO THE SCHOOL BY September 13th**

I give permission for my child, \_\_\_\_\_, to take part in the cross-country program.

☐ I can help with the KODIAK COUNTRY meet on October 2<sup>nd</sup>. (Please e-mail me as well, if you are able to help!)

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Signature of Parent/Guardian