

# *St. Michael’s School*

# 9387 Holmes Street, Burnaby, BC V3N 4C3

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[**www.stmichaelschool.ca**](http://www.stmichaelschool.ca)

March 6, 2019

Dear Parents,

Track and Field season is about to begin! All students in Grades 2 to 7 have been invited to join our school team, and your child has demonstrated an interest in becoming a team member.

All students who attend practices will participate in as many “fun” meets that we can organize with other schools. After these, however, it will be necessary to keep only one male and one female athlete per event, at each age level (Grades 3 to 7 only), as that is the maximum we are allowed to enter for the C.I.S.V.A. Track and Field Meet in June. This will be made clear to all team members as we begin practices.

Please read the information listed below. If you and your child agree that he/she is able and willing to make the commitment necessary to join the team, please sign the commitment form below.

**Expectations:**

Please discuss the following expectations with your child and ensure that he/she understands the commitment that he/she is undertaking for the season:

1. As members of the St. Michael’s team, it is expected that all athletes will commit to attending every scheduled practice. We do understand that some children may be involved in other after school activities, and are willing to work out a practice schedule for those children. Coaches will make the decisions regarding placement of athletes in various events, based on ability and attendance.
2. All athletes are expected to come to practices dressed in their school gym strip and runners and with a water bottle.
3. Athletes are expected to be on their best behaviour and to be respectful towards teacher/parent coaches, athletes and other officials at all times. As there are far more athletes than coaches, we need all athletes to be cooperative and on task.
4. We expect that if a child joins track and field then he/she will be committed to the program for the entire season. It is very difficult for coaches who have trained an athlete for an event to be told that the athlete has “quit” the team. Withdrawal from the team will only be permitted under exceptional circumstances.

**Athletes are expected to come prepared to give 100% effort. Athletes need to know that they will be working hard, and that practice times are not times to socialize with friends. If your child is disrupting a practice, he/she will be asked to sit out.**

**Track Practices Information- practices begin Tuesday April 2nd**

Day/Location: **\*\*Mondays (Cariboo Park), Tuesdays and Thursdays (Mercer Stadium track**)

Time: 3:15 pm – 4:15 pm **rain or shine (rainy day practices will finish at 4:00pm)**

\*\* ***A teacher will be available to walk athletes up the hill to Cariboo Park. Please make a note of this on the consent form. Otherwise, parents must make their own arrangements to take pick up child to/from Cariboo Park and to take/pick up students to/from Mercer Stadium.***

**(see back side of this page for dates of upcoming meets**)

***Dates of upcoming meets:***

***Wednesday April 24 - Our Lady of Mercy meet ( St. Thomas More track) (Gr. 2-7)***

***Tuesday April 30 Our Lady of Assumption meet (Percy Perry Stadium, Coquitlam)***

***Thursday May 9 St. Joseph meet (Swangard Stadium, Burnaby)***

***Tri-cities Meet - Date TBA (hosted by St. Michael/Queen of All Saints) Percy Perry Stadium, Coquitlam***

***Wednesday May 29 CISVA meet – Day 1 (Swangard Stadium)***

***Wednesday June 5 CISVA meet – Day 2 (Swangard Stadium)***

Thanking you in advance for your cooperation.

Mr. P. Roder/Mr. A. Da Silva

[paul.roder@stmichaelsparish.ca](mailto:paul.roder@stmichaelsparish.ca)

andrew.da.silva@stmichaelsparish.ca

Track Coordinators

**INFORMED CONSENT**

**TRACK AND FIELD**

I understand and agree with the expectations outlined and I have also discussed with my child what it means to be involved in team sports.

I give permission for my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Grade \_\_\_\_\_\_\_\_\_ to be a member of the **St. Michael’s Track and Field Team,** to attend all scheduled practices

I am aware that:

i.) as in any sport, certain inherent risks are present. I understand that it is important for my son/daughter to maintain higher conditioning levels to increase his/her endurance and prepare herself for rigorous strain on his/her body. I am not aware of any medical conditions which would affect my son’s/daughter’s participation.

ii.) accidents can be the result of the nature of the activity and can occur without any fault on either the part of the students, the school or its employees, the facility where the activity is taking place, or by the parent driver. By allowing my son/daughter to participate in this activity, I am accepting the risk of an accident occurring, and agree that this activity is suitable for my child.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent’s/Guardian’s Signature) (Date)

**I will be able to help with the track and field program on:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Indicate which days you can attend. In what area can you help?**

**STUDENT’S AGREEMENT:**

By participating on the St. Michael’s Track and Field team, I understand that I will have certain responsibilities and expectations which include:

1. trying my best at practices and meets
2. following the coaches’ instructions and
3. showing good sportsmanship and conduct at all times
4. be committed to the team for the entire season

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Student’s Signature)

If you have questions or concerns please call the school or email [paul.roder@stmichaelsparish.ca](mailto:paul.roder@stmichaelsparish.ca) or ***andrew.da.silva@stmichaelparish.ca***

**Please sign and return this entire page to St. Michael’s School by Wednesday March 13, 2019.**