

Laura Secord Cross Country Permission Form Practices, Mini Meets, District Meet & Student Pick-Up Policy

Welcome back to a new school year! Cross Country season kicks off soon, with practices beginning next Wednesday, September 10th at 8:00 AM at Trout Lake. This form outlines everything you need to know to help you decide whether your child will participate. Students in Grades 2 to 7 are eligible. If your family is on board after reading, please submit your consent form to the office by Tuesday, September 9th.

📅 Important Dates & Information (keep this information handy)

Practice Days

- Every Monday and Wednesday at 8:00 AM at Trout Lake (meet at the east side by dog sniffing park).
- Practices will be cancelled for holidays or in cases of persistent or heavy rain/wind.
- Cancellations will be posted by 7:00 AM on the Laura Secord Parent Facebook group and relayed to the school office.
- Use your discretion: if you feel it's too wet for your child to attend, that's perfectly fine.
- If practice proceeds but conditions are muddy or damp, please send your child with extra socks and clothes.
- First practice: **Wednesday, September 10th**. Students should go directly to Trout Lake, not the school.
- After practice, students will be walked back to school by staff and parent coaches.
- Practices are led by Mr. Coo and our amazing Parent Coaches—thank you, volunteers!

Mini Meets

- Dates are TBD but typically held on Thursdays after school at Trout Lake.
- Students will walk to Trout Lake at 3:15 PM. Races begin around 3:45 PM and finish by 4:45 PM.
- Once finalized, the schedule will be posted on the Parent Facebook page and included in the school's weekly newsletter.

District Meet

- Scheduled for **Tuesday, October 21st** at Trout Lake.
- Start time is approximately 12:30 PM, with races concluding around 3:00 PM.
- Mr. Coo will confirm exact times once they are confirmed by the District.

♦♦ Student Pick-Up Policy After Meets

For all meets—including the District meet—teachers will sign out students at the end of the event. It is the responsibility of parents/guardians and students to ensure they are signed out to avoid confusion or delays, and for student safety.

If you are granting permission for your child to leave independently, with friends, with another parent, or to walk back to school with teachers and then leave from there, please

include this information in the "Notes" section of the permission form. Without written permission, teachers cannot allow students to leave on their own.

Any students not picked up when teachers are ready to leave will be walked back to the school. Parents must make arrangements from there. Teachers cannot remain at Trout Lake waiting for late arrivals, nor can they leave students behind. Students will be taken to the school, where they can call home and wait.

Please print this form, and sign by **Tuesday, September 9th**. Forms need to be dropped off at the office. Please only return the bottom section, and keep the top half for future reference.

Thank you for your support and for encouraging your child to participate in cross-country!

Warm regards, **Mr. Coe** Coach / Teacher Sponsor

(keep top part of form for your reference)

----- **Cut here and return to the office** -----

As **parents/guardians** of _____ **(student full name)** in grade _____, I agree with the student sign out/release policy, above, and will make all necessary arrangements for our children to return home at the end of each cross country meet or to be walked back to school by teachers. We (parents/guardians) also give permission for our child to participate in the 2025-26 Laura Secord Cross Country team and can commit to them being present for all practices and meets.

Parent/Guardian Signature(s) _____

Additional Notes: (this is where you can give permission for kids to leave by themselves etc., or any other info you feel is necessary about your child's participation.)
