

WARRIOR CROSS-COUNTRY TEAM NEWS

1.  **PERMISSION FORMS** - All athletes who wish to compete or train with the Cross-Country team must complete the attached season permission form. This must be turned in before Tuesday. (***You must fill this out even if you have filled one out for another sport***). A copy of the permission form has been placed at www.warriorcross.ca in case you lose your copy.

2.  **DRIVER FORM** – Any parent who plans on driving any student to meets must complete this form. Any athlete who is over 18 who plans on driving to meets must fill out this form (available at warriorcross.ca). **AT NO TIME WILL ANY STUDENT BE ALLOWED TO DRIVE ANOTHER STUDENT TO MEETS!!!!**

3.  **DORCHESTER MEET ENTRY FORM** – A link to enter the Dorchester meet is posted at www.warriocross.ca Please fill in the information and submit before this coming Monday (September 16th, 2019). All athletes should consider coming to this meet!!!! Only 44 athletes will fit on the bus so it is first come first serve!

4.  **ATHLETICS FEE** - All athletes who wish to compete on the Cross-Country must pay the **\$65 ATHLETICS FEE**. (A separate Athletics fee must be paid for each sport you compete in.) You will need to pay for the team online using the School Cash Online system at <https://huronperthcdsb.schoolcashonline.com/> The Athletics fee for cross-country should be already set up there for most of you. Please let me know if this is not the case. **PLEASE DO NOT LET MONEY BE AN OBSTACLE IN YOU RUNNING THIS SEASON. IF YOU NEED FINANCIAL ASSISTANCE, PLEASE LET ONE OF THE VICE-PRINCIPALS KNOW AND WE CAN DRAW FROM A FUND IN THE SCHOOL.**

5.  **TEAM UNIFORM DEPOSIT** – Every team member will have their own singlet for the season (you will get the singlet on the bus at your first meet). You will need to write **A SEPARATE DEPOSIT CHEQUE FOR \$50.00** made out to **ST. MICHAEL CSS** and include your name in the memo section – staple the cheque or envelope to the permission form and return to Mr. Dewan or Mrs. Yundt ASAP. ***This cheque will be destroyed at the end of the season, after your uniform is returned.***

6.  **MARCH FOR MIKES** – All students who take part in ANY extra-curricular activity at St. Michael must fundraise a minimum of \$35 at the March for Mikes. You will receive information about the March very soon.

7.  **PRACTICES** – A complete and up to date practice/meet schedule is located in the display case outside of the phys.ed office and is also posted at www.warriorcross.ca. (***Typically Monday, Tuesday and Thursday after school and Wednesday.***) Athletes are expected to attend at **least two practices** a week. If you are unable to attend two practices, please see Mr. Dewan or Mrs. Yundt to discuss your situation. **Due to the large team this year, not everyone will be able to attend each meet. Practice attendance will be a major consideration when the coaches decide who will attend each meet.**

8.  **COMMUNICATION** - BE SURE TO JOIN OUR FACEBOOK GROUP “Warrior Cross” or <https://www.facebook.com/groups/329752723787301/> to receive regular updates. Please encourage your parents to join the FACEBOOK group as well. This will be the main form of communication for the team. OR – text @warriorcro to the number (519) 800-2426

P.S – IF YOU ARE NOT INTERESTED IN COMPETING ON THE CROSS-COUNTRY TEAM THIS SEASON, PLEASE LET MR. DEWAN KNOW – AND HE WILL REMOVE YOU FROM THE MAILING LIST



PERMISSION/ACKNOWLEDGEMENT FOR
EDUCATIONAL EXCURSIONS and
ATHLETIC/CO-CURRICULAR PARTICIPATION

THIS FORM MUST BE READ AND SIGNED BY A PARENT/GUARDIAN OF A PARTICIPATING STUDENT. STUDENTS 18 YEARS OF AGE AND OLDER MAY SIGN ON THEIR OWN BEHALF.

St. Michael Catholic Secondary School of the Huron-Perth Catholic District School Board is arranging:

ST. MICHAEL WARRIOR CROSS-COUNTRY TEAM

Elements of Risk

Educational excursions and programs, such as the event described above, involve certain elements of risk. Accidents may occur while participating in these activities. These accidents may cause injury. By choosing to permit your child to participate in the activity, you are assuming the risk of an accident occurring.

The chance of an accident occurring can be reduced by carefully following instructions at all times while engaged in the activity.

The Huron-Perth Catholic District School Board does not provide any accidental death, disability, dismemberment, dental, or medical expenses insurance on behalf of the students participating in this activity.

Initiations and Hazing

St. Michael Catholic Secondary School of The Huron Perth Catholic District School Board is directly opposed to hazing of any form and the initiations of student athletes. No person or organization shall create, or permit to exist, any situation that recklessly or intentionally endangers the mental or physical health of a student enrolled at St. Michael Catholic Secondary School. Any player/student having been involved in or having knowledge of any form of hazing, degrading or otherwise, shall be automatically removed from participating in any extra-curricular activities with St. Michael Catholic Secondary School. The length of removal from extra-curricular activities will be determined by the principal of St. Michael Catholic Secondary School. In addition the student may/will be subject to consequences as outlined in the Safe Schools Act or Bill 212.

NOTE TO PARENT(S):

1. If volunteer drivers are used, I give permission for my son/daughter to travel with a volunteer driver.
2. Students are not permitted to drive other students.
3. Please return this form in its entirety.

Yes ☐ No ☐

Please list any medical conditions or procedures (e.g. diabetes, asthma, allergies, etc.) that pertain to your son/daughter.

Permission and Acknowledgement

I have read the above and give _____
(name of student)

permission to participate in cross-country meet and practices to be held on or about running

inclusively from September 2019 – November 2019.

Signature of parent/guardian/adult student: _____

Date: _____

Parent Email Address _____

WARRIOR CROSS COUNTRY TEAM MEET ENTRY INFORMATION**DORCHESTER INVITATIONAL CROSS-COUNTRY****DORCHESTER INVITATIONAL CROSS-COUNTRY****DATE:** **Thursday, September 19TH, 2019****LOCATION:** Dorchester Fairgrounds**DEPARTURE:** The bus will leave the school at 11:00 a.m.**RETURN:** We should return to the school around 6:00 p.m. (This is only an estimate of our arrival time - we may arrive before or after this time. If you have to arrange a ride home either call from the school or make a call from London) (we will not be stopping for food)**AGE CLASSIFICATIONS:** Midget: - Grade 9
 Junior: - Grade 10
 Senior: - Grade 11/12**RACE TIMES AND DISTANCES:** Midget Boys Race - 3k - 1:55 p.m.
 Midget Girls Race - 3km - 2:25 p.m.
 Junior Boys Race - 4 km - 2:55 p.m.
 Junior Girls Race - 4 km - 3:25 p.m.
 Senior Boys Race - 5 km - 3:55 p.m.
 Senior Girls Race - 5 km - 4:25 p.m.**RACE DAY PROCEDURES:** When we arrive at the meet, all athletes will participate in the race course walk-through. Thirty to forty minutes prior to race time, athletes will do a ten to fifteen minute warm-up run and then stretch. Ten minutes prior to race time, athletes should report to the start line.**MISSED CLASSES:** - You are required to inform your teachers, **before you leave**, that you will be absent on Thursday. They will be more than happy to tell you what work you will be missing.**BRING WATER!!!!****DUE TO THE LARGE NUMBER OF ATHLETES ON THE TEAM THIS YEAR, WE WILL NOT BE ABLE TO ENTER EVERYONE IN THIS RACE! PRACTICE ATTENDANCE WILL BE A MAJOR FACTOR IN THE COACHES' DECISION-MAKING.**

DORCHESTER INVITATIONAL CROSS-COUNTRY

Entries will completed online this year. Please go to
www.warriorcross.ca and hit the link for the DORCHESTER Meet
Entry Form.

If you are not going to the meet but will be training with the team and **may** compete later this season OR you don't have time to be on the Cross-Country Team this year, please let Mr. Dewan know!