



Calling all Tigers (& their parents as volunteers) come join the 2017 Cross Country Running Tigers - All Grades. Our school has a strong tradition of having a Cross Country Team that has Lots of fun, lots of runners and some pretty darn good results.

Practices: **3 practices each week (8:00 am Monday, Wednesday, Friday)**
 *Please note there are no practices on school closure days, Pro-D days or statutory holidays.

Mini Meets: **3:30 to 5:15(ish)pm Dates still to be confirmed**, Celebration: A season ending team party with awards.
 Big District Meet: **Approximately 3rd week of Oct. A separate form will be sent out closer to this date.**

Equipment & Expectations: Running Shoes, jacket for cool mornings, water and snack for after practice, change of clothes?
Rain or Shine? If it is pouring - no practice, light rain we will run a practice. Please attend all practices, meets & punctual.

Cost: \$30.00 (Pays for Annual Team Gear, awards etc.) Cash or Cheque written to Lord Tennyson Elementary.
 \$20.00 if you don't want a new shirt.
*Parent and additional shirts costs \$20.00 each. *If cost is an issue please discuss with Mme Alain.*



2017 Tennyson Cross Country Team

PLEASE RETURN THIS LOWER PORTION TO THE CROSS COUNTRY BOX OUTSIDE THE SCHOOL MAIN OFFICE

Student's Full Name (Please print clearly): _____ Gender: Male Female

Division / Grade: _____ / _____ Parents Name: _____ E-mail: _____

Phone Number: _____ 2nd Phone Number: _____

Emergency Contact Name: _____ Relation: _____ Emergency Contact Phone: _____

BC Medical Services Plan Personal Health No.: _____

Allergies and reaction(s) (e.g. specific drugs, certain foods, insect stings, hay fever):

Carries Epi pen? Yes No Other Health/Medical/Dietary Concerns/restrictions (e.g. inhaler, medical alert bracelet):

Please indicate child's T-shirt size (Y: Youth, A: Adult): YS YM YL AS AM AL AXL

***Parents/Guardians, Children grade 2 and younger need a parent with them during practices and meets. Informed Consent &**

Acknowledgment of Risk While coaches will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of this activity, and may occur without fault on the part of the student, school board, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child and, and that there is a risk of injury associated with the activity. My child has been informed that he/she is to abide by the rules and regulations, including directions and instructions from the school's and/or service provider's administrators, instructors, and supervisors over all phases of the program/activity. In the event my child fails to abide by these rules and regulations, disciplinary action may require his/her exclusion from further participation or that I be contacted to have him/her picked up, unless I have specified other transport arrangements. I acknowledge that the trip supervisors may secure transport to emergency medical services as they deem necessary for my child's immediate health and safety, and that I shall be financially responsible for such services (VSB Field Studies Resource Book, p. 24). The coaching staff of Lord Tennyson, or parties associated with the Vancouver School Board or any Vancouver elementary schools will not be held liable for any lost, stolen or damaged belongings.

I, _____ (Name of legal guardian) hereby give permission for my son/daughter to participate in the Tennyson Cross Country Running Program. **Signature of Legal Guardian:**

_____ **Date:** _____ *Note: Photographs and video will be taken of participants to be used for promotional purposes. Please inform the organizers if you have any concerns regarding your child being photographed. All information on this form is confidential between the registrant, their guardian & Coaching Staff.

PARENT Volunteers Needed - CIRCLE below if interested.

1. Co-leading warm-ups or running with student-athletes.
2. Take morning attendance at the practices and meets.
3. Regularly take pictures of kids at practices and meets.
4. Organize the year end team party.
5. Drive team members to the meets.
6. Provide snacks for Friday "Treat Day" Practices
7. Provide or seek sponsorship for mock meet, party etc.