

Sydenham Public School Running Club

September 2017

Welcome to the 2017 Fall Running Club. If the weather cooperates, the fall season will begin on Sept. 12th. Parent volunteers, with the approval of the school administration, will oversee the running club practices but Mr. Emmerton is the official school contact person for this club. In order to join, please fill out the on-line registration and hand in your running club fee of \$6 / runner to Mr. Emmerton prior to commencing. The deadline for registering for this club is Sept. 15th.

We plan on meeting every Tuesday and Thursday morning beginning **Tuesday Sept. 12th** until **Oct. 26th**. Running practices will be held at the **the City of Kingston Cricket Field** between **8:15am** and **8:45am**. We will meet by the 'big tree' on the **corner of Court Street and Barrie Street** as we have done in the past.

If it is raining at **7:45am** on a practice day, the practice will be cancelled and we will try to reschedule for the following day. I will notify everyone via email if a practice is cancelled and rescheduled. At the end of each practice we will walk the children back to school.

All children **Grades 3 to 8** are welcome to participate. Please note that each child requires **Student Accident Insurance** to participate in any sport activities. Please advise the school of any medical considerations about your child and discuss these with the coaches after informing the school first.

We will be preparing for **The Sydenham High School Northern X-Country Classic Race** that will be held in the morning on **Thursday, Sept. 21st** and **The LESAA Cross Country Regional Race** that will be held in the morning on **Wednesday, Oct. 4th** at Fort Henry. Please read the information about these races that are posted on the web site and let Mr. Emmerton (emmertonb@limestone.on.ca) and your coaches know if your child **DOES NOT** want to participate in one or both of these races by the deadline date that is listed. Transportation is not included for these races so parents are responsible for getting their runners to and from the race and/or for arranging carpooling. As needed, we will provide more details about the races closer to the date and will answer questions regarding transportation, etc.

After these races, we will continue to run as a club until the end of October when the weather starts to worsen.

Any parents who would like to volunteer for the running club or assist with any races are most welcome. All volunteers are required to have a valid **Criminal Record Check (CPIC)** on file with the school.

Thank you and see you running!

Jackie Bardana

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