

RAMSEY CROSS-COUNTRY 2023

Hello and welcome to the Ramsey Cross-Country Program!

Cross-country is a running program open to students in grades 2-5. There is a \$5.00 participation fee. The season lasts approximately four weeks. We will begin, **Tuesday, September 12**. Practice times are: **8:00-8:45 a.m. Please come to the GYM for the first practice.** After that, you will come to the field for practice. After the first practice, please come through the first grade breezeway to get to the field and NOT the front office doors. Located on the back of this letter is a detailed practice and meet schedule. **You may want to post this on your fridge!**

**** Practice will be canceled in case of inclement weather: thunderstorms or pouring rain****
Check the Ramsey PTO Facebook to see if practice is canceled due to weather.

This program is designed with fun, fitness and sportsmanship as the main features, all while developing running skills. We will be having three meets this year. Our Ramsey meet will be on Friday, **September 22 at Woodland.** The Ramsey vs Dalton meet will be on **Friday, September 29, also at Woodland.** **The District Meet will be on Thursday, October 5 at the Kootenai County Fairgrounds. Please check the calendar on the back for specific race times.** Runners must come to practices in order to participate in the meets!

Attached you will find our cross-country permission slip. For safety & liability purposes your child will not be allowed to participate without a signed permission form.

Remember we cannot offer this outstanding program at Ramsey, without **parent coaches and support.** We need to have two to three parents per grade level so the responsibility does not fall on just one person. No prior coaching experience is necessary. If you can encourage kids, you can help our program!

Return the signed permission slip, indicating your level of involvement, and participation fee to your child's teacher or the front office no later than **Friday, September 8th.**

We have one options for our XC Shirts: a black shirt with neon pink lettering. The price is still \$10! Please fill out the shirt order and attach to your permission slip. The shirt order needs to be turned in on September 11. It takes 10-14 days to get this order in. **You do not have to buy a shirt to participate!** Runners may run in older Ramsey XC jerseys, Ramsey logos, or plain T shirts.

Call me at Ramsey (765-2010) or email me (sblee@cdaschools.org) if you have any questions.

Steve Blee
Cross-Country Coach

Ramsey Cross-Country Permission Slip 2023

Please **PRINT** the following information: (you may write one check but please fill out one form per child.) Please return this form and money to your child's teacher or front office by **Friday, September 8.**

STUDENT'S NAME _____ Male _____ Female _____

PHONE _____ GRADE _____ TEACHER _____

PARENT EMAIL: _____

Participation Fee: **\$5.00 per child**

Would you like to sponsor a child? Just add the amount to your check/cash.

Check Number _____ Fee _____ Shirt _____ Sponsor Amount _____

TOTAL AMOUNT ATTACHED: _____

Please attach (staple) check or cash directly to this form.

If you have more than one child participating: You may write one check for all transactions, (including shirt purchase) but please fill out one form per child. Then staple check or cash and all forms together.

Please contact Mr. Blee if you need a scholarship form for your child. Please turn in the permission slip along with the scholarship form at the same time. Thank you.

RAMSEY BEFORE-SCHOOL ACTIVITIES PROGRAM RELEASE:

_____ has my permission to participate in the before-school program. I will provide my own insurance. I understand the CDA school district, coaches nor shall volunteers not be held responsible for any injuries. **My child has a health issue to be aware of:** Please describe health concern:

PARENT SIGNATURE: _____

PARENT PRINTED NAME: _____

Phone number where you can be reached before school: _____ email: _____

PARENT HELPERS NEEDED!!! We can't offer this program without you!!

_____ I would like to volunteer to help at practices. Grade Level _____

_____ I would like to volunteer to help During the Woodland meet(s) (September 22nd & 29th)

_____ I could help set up/take down at the September 22 & 29 meets. (arrive at Woodland around 1:00)

_____ I would like to be the team "photographer"

***Please go to Ramsey's webpage under CROSS COUNTRY and click on Parent Volunteer Sign-up. This will let Mr. Blee know what coverage we have and what coverage we need. Thank you! ***