

RAMSEY CROSS-COUNTRY PROGRAM 2018

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 11**. Practice times are: **7:45 – 8:30 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.****

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 21 at Woodland.** We will have a dual meet with Dalton on Friday, **September 28 at Woodland.** The district meet will be on **Thursday, October 4 at 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 do this!

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 7th.**

Our shirts are the same as last year and are now available for purchase for \$10.00. You can purchase a shirt during practice or after school. Shirts are not required to participate.

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

**Trena Burt,
Physical Education Specialist**

Ramsey Cross-Country Permission Slip 2018

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 7.

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 _____ Amount _____ Cash Amount _____ Sponsor Amount _____

Shirt Amount _____

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 Mrs. Burt 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 volunteers shall 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: _____

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

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

Preferred email to reach you: _____
(please print clearly- Mrs. Burt will send you a link to sign up)

_____ I would like to volunteer to help at the meet(s) (September 21, 28, Oct. 4)

_____ I could help set up at the September 21 & 28 meet.
(arrive at Woodland around 1:00)

