

NORTHLEA CROSS COUNTRY PACKAGE CHECKLIST

Thank you for your interest in the Northlea Cross Country Program! Attached you will find all the information you will need for our 2018 season.

All forms are due back by Friday September 7th, 2018.

Included in this package:

1) Northlea Cross Country 2018 Program Information
(no need to return, just for your information)

2) Interschool Athletics Tryout and Participation form

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- **PAYMENT AND FORM DUE SEPTEMBER 7TH**
- ****NEW** GRADE 1-2: \$10 GRADE 3-8: \$20 ****
- Please completely fill one form out per child
- Fees can be paid by CHEQUE made out to **NORTHLEA SCHOOL**.
For multiple children on one cheque, please send cheque in with your ELDEST child.

3) Permission for Excursion Form (Grades 3-8 ONLY)

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4) Code of Conduct - please read and sign with your child

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I would like to volunteer for the first race at Earl Bales on October	Y	N
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Child's Name: _____ Grade: _____

Parent Name: _____

Parent Email: _____

PLEASE ENSURE ALL FORMS ARE FILLED OUT AND CHEQUE IS INCLUDED BEFORE HANDING THIS PACKAGE IN.

If you have any questions, please contact:

Alexis De Castro (alexisdecastro@outlook.com) or Megan O'Connell (meganoco1@icloud.com)

**If you would like your child to participate but finances present a barrier, please speak to Ms. Sandler.
The discussion will be held in confidence.

NORTHLEA CROSS COUNTRY 2018

If you ran with us last year, we're happy to have you back. If this is your first year, welcome! We're looking forward to another fun and successful year of cross country running! Training starts on September 5th for all groups except Grade 1's (who start on Thursday). There's a lot of important information to know about our 2018 season, so please review this package carefully.

MANDATORY MEETING:

We have our first mandatory meeting on September 7th at 8:00 am. All runners and parents are asked to attend. There will be no training that day.

FORMS & FEE:

Please ensure your forms are returned to us by no later than September 7th. Boxes will be outside every morning at training where you or your child can leave your forms. We want the option of taking certain groups off-site and we can't do that unless we have your forms. **Cost for grades 1&2 is \$10, cost for grades 3-8 is \$20**.** **Cheques should be made out to NORTHLEA SCHOOL.**

PARTICIPATION:

As is the case with most programs, you get what you put in. The more your child attends training, the better they're going to be prepared for races. We can not allow runners who do not regularly attend training to participate in the races so please ensure your child is coming to a minimum of three mornings a week.

INJURIES/ILLNESS:

If your child is injured and unable to run or not feeling well, DO NOT bring them to training. We don't have the manpower to supervise individual children who can not run. Feel free to speak to one of us if your child is consistently missing training due to injury.

RESPECT AND CODE OF CONDUCT:

We will require EVERY participant to sign the Cross Country Code of Conduct. This code must be followed at all times while training or attending races. If this code is breached, appropriate measures will be taken. If you have any issues, please come and speak to one of us.

OFF SITE:

This year, only grades 3-8 will be participating in off-site training. We hope to begin off-site training during the second week of school. A schedule of off-site days will be provided on the website. If your child is uncomfortable going off-site or would prefer to do the on-site training, they are welcome to come another day or join another age group staying at the school for training.

CORRESPONDENCE:

All information will be sent to you via our co-ordinators. Please ensure you have filled out your email address clearly on the attached forms to ensure you receive all the information (and there will be lots!).

BROCK GORDON:

The Brock Gordon is open to kids in all grades. It's held in Thomson Park at Brimley and Lawrence on September 29th. It's a beautiful cross country course and we recommend all kids participate if they're available. Please watch out for your opportunity to sign up. Sign up information to come.

**If you would like your child to participate but finances present a barrier, please speak to Ms. Sandler. The discussion will be held in confidence.

GRADE 1 & 2

Grade 1's will be training twice a week (every Tuesday and Thursday) and Grade 2's will be training three times a week (every Monday, Wednesday and Friday) between 8:00-8:30am. Grade 1 and 2's will only participate in the Northlea Race (see below).

Adult supervision is MANDATORY for all grade 1 & 2's participating in Cross Country. This is not a drop-off program. Our volunteers are busy with training and are not able to provide one on one attention or accompany individual children into the school for washroom visits. If your child is in the daycare, please speak to them to ensure proper supervision. If a parent can not attend, please designate another parent to oversee your child.

GRADE 1 AND 2 NORTHLEA RACE:

Given the limited racing for the grade 1's and 2's, we will be hosting a race just for them one morning at Northlea on **Friday October 12th**. We will not be including the Grade 3's this year as they have the option of moving on to the Conference Final race. There will be no more training for the grade 1's and 2's after this race.

TRAINING TIME GRADES 3-8:

Grades 3-8 will train every day between 7:45 am - 8:30 am. In the event of a heavy rain, training will be cancelled and Twitter (@NorthleaXC) will be updated with that message.

SPIRIT WEAR:

All runners at TDSB races MUST be wearing a Northlea shirt or risk being disqualified. Our signature Northlea shirts can be ordered online at:

<http://northleaschool.entripyshops.com/youth-pro-team-tee>
DON'T FORGET TO ORDER LIME GREEN

Feel free to order other articles of clothing, there are lots of options! They need 7-8 business days for delivery, so please order early to ensure you've got your swag for the first race!

TDSB RACES:

This year, only grades 3-8 will be travelling to TDSB races. There are three TDSB races. The grade 3's only participate in the first and second race while the grade 4-8's have the option of moving on to the City finals.

The dates are as follows:	Zone Race:	October 3rd (Earl Bales Park)
	Conference Final:	October 16th (Earl Bales Park)
	City Final:	October 25th (Centennial Park)

We are both at every practice in the morning. If you have any questions or concerns, feel free to speak to us at training or email us at alexisdecastro@outlook.com or meganoco1@me.com.

Looking forward to a great season!
Alexis De Castro & Megan O'Connell

Interschool Athletics Tryout and Participation (Elementary)

The collection and retention of the information requested on this form is authorized and governed by the Ontario *Education Act* and the *Municipal Freedom of Information and Protection of Privacy Act*.

To Parents/Guardians:

Your son or daughter has indicated a wish to participate on the **Northlea EMS Cross Country** team. This form is to be completed prior to the first practice and is intended to inform you about the program and to seek your support and your permission for your child to try out, and if successful, participate as a team member.

Date: **Tuesday, September 4, 2018** Coach/Staff Adviser: **Mrs. A. Ossher**

Principal: **Ms. B. Sandler** School: **Northlea EMS** Phone: **416 396-2395**

It is important that your child participate safely and comfortably in the interschool athletics program. In your child's best interests, we recommend the following:

- a) Student should have an annual medical examination.
- b) Student should bring emergency medication, e.g., asthma inhalers, to interschool activities.
- c) Jewellery must be removed, if possible. Jewellery which cannot be removed and which presents a safety concern (e.g., medical alert/identification/religious requirement) must be taped.
- d) The wearing of an eyeglass strap and shatter-resistant/shatterproof lens, if your child wears glasses that cannot be removed during interschool activities.
- e) Attention to environmental concerns (e.g., protection from sun, hypothermia, dehydration, and frostbite).
- f) The use, when necessary, of a personal water bottle.
- g) In the event that the student uses personal or borrowed sports equipment, the student or parent/guardian (if the student is under the age of 18) is responsible for ensuring that the equipment is in good working order, fits properly, conforms with recognized safety standards, and has not been altered from its original condition.

A. Elements of Risk

The risk of injury exists in every athletic activity. Falls, collisions, and other incidents may occur and cause injury. Due to the nature of some activities, injuries may range from minor sprains and strains to more serious injuries affecting the head, neck or back. Some injuries can lead to paralysis or prove to be life-threatening. These injuries result from the nature of the activity and can occur without fault on either the part of the student or the School Board or its employees or agents of the facility where the activity is taking place. By choosing to participate in these activities, students are assuming the risk of an injury. The chances of an injury can be reduced by carefully following instructions at all times while engaged in the activity. The TDSB attempts to manage as effectively as possible the risk involved for students while participating in school athletics.

The Toronto District School Board does not provide any accidental death, disability, dismemberment, or medical expenses insurance on behalf of students participating in these activities. Student accident insurance is available to provide coverage beyond that allowed by the Ontario Health Insurance Plan. Contact the school for specific information and application forms

B. Medical Information

You are urged to consult your family doctor prior to your son or daughter participating in interschool athletic activities. If your child has, or has had, any health problems that might affect his/her participation or safety, please provide details in writing below. Should your son/daughter sustain an injury or contact an illness requiring medical attention during the competitive season, please notify the coach and complete the form "**Request to Resume Athletic Participation**," if applicable (see *Physical Education Elementary Interschool Athletics Safety Documents* – Appendix C: Request to Resume Athletic Participation).¹

¹ Appendices are attached to the procedure document (PR.511 SCH: Excursions).

C. Date(s) of athletic off-school property tryouts/competition (Please attach, if preferred, schedule of off-school property tryouts/competition, times, locations.)

Date: **October 3rd, 2018** Destination: **Earl Bales Park **GRADES 3-8 ONLY****

Date: **October 16th, 2018** Destination: **Earl Bales Park **GRADES 3-8 QUALIFIED RUNNERS ONLY****

Date: **October 25th, 2018** Destination: **Centennial Park **GRADES 4-8 QUALIFIED RUNNERS ONLY****

For training and practice, please see attached schedule. Please review the qualification process for each race. Note there are an optional (practice meet) available to students which will be discussed at a later date.

- In exceptional circumstances, dates and times may change. Every effort will be made to communicate these changes to you ahead of time.
- The Board's *Safe Schools Policy* and this school's *Code of Conduct* apply throughout all competition. Copies are available from the school office. Parents/guardians are responsible for any applicable losses or costs should their child engage in misconduct, including a breach of the Board's *Safe Schools Policy* or the school's *Code of Conduct*. This could include costs for transportation home, or for damages resulting from misconduct.

D. Transportation, if applicable

The following transportation modes may be used for students trying out for/participating on the team.

TDSB bus ☐ Commercial vehicle ☐ Public transit ☐ Other _____
Taxi ☐ Walk ☐ Private vehicle/adult driver * ☐ _____
Private vehicle/student driver * ☐ _____

*If volunteer drivers and /or private vehicles will be used, *Form 511F: Principal Authorization for Volunteer Drivers* must be completed and approved by the principal prior to the excursion.

This is an important document. Please ensure that someone is able to translate and explain this document to you.

Student _____ **School** _____

Birth Date _____ **Grade and Teacher** _____
Day Month Year

Home Address _____ **Postal Code** _____

Home Phone _____ **Business Phone** _____

Family Doctor _____ **Phone** _____

Emergency Contact Name _____ **Phone** _____

Ontario Health Card Number _____

Parent Email Address: _____

E. (To be completed by the athlete)

Behaviour Code: I am aware that it is a privilege and not a right to participate on a school team. Therefore, I fully understand that it is my responsibility to follow the athletic association's *Code for Athletes* and my school's *Code of Conduct* and to display good sportsmanship at all times while representing my school as a student athlete.

Name of Student: _____
(please print)

Signature of Student: _____ Date: _____

F. Student Audio/Video Consent

I hereby consent to my son or daughter being filmed, videotaped, audio-taped, or photographed by the media (print and/or broadcast) and by employees, agents, or servants of the Toronto District School Board during activities related to interschool sports. I also consent to my child being interviewed for the purposes of broadcast or print by the media or Toronto District School Board personnel.

Name of Parent/Guardian: _____
Please print

Signature of Parent/Guardian: _____ Date: _____

G. Consent to Try Out/Participate

Is there any change in medical information or a medical reason why your child should not participate in the activity which may lead him/her to require special attention?

Should it become necessary for my/our child/ward to have medical care, I/we hereby give the teacher permission to use her/his best judgment in obtaining the best of such service for our child/ward. I/we understand that any cost will be my/our responsibility. I/we also understand that in the event of illness or accident, I/we will be notified as soon as possible.

I/we hereby give consent for my/our child, _____, to participate in the activity indicated above.

Name of Parent/Guardian: _____
Please print

Signature of Parent/Guardian: _____ Date: _____

H. Permission to travel on Public Transportation

I/we hereby give consent for my/our child to travel without adult supervision **from** a practice/game/tournament on the TTC. (grade 7-8 only)

Name of Parent/Guardian: _____
Please print

Signature of Parent/Guardian: _____ Date: _____



* Grade 3-8 Only *

Form 511C
Aug. 30, 2004
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Parent/Guardian Permission for Excursion

The collection and retention of the information requested on this form is authorized and governed by the Ontario *Education Act* and the *Municipal Freedom of Information and Protection of Privacy Act*.

School: Northlea EMS _____ Telephone: 416 396-2395
Teacher(s): A. Ossher _____ Grade/Class: _____
Student: _____ Date of Excursion: Oct. 3~~rd~~, 16, 25, 2018
Nature of Activity: Cross Country _____
Destination: Earl Bales Park, Centennial Park
To Parents and Guardian:

The purpose of this form is to inform you about the excursion and to seek your support and permission for your child/ward to participate. This information may be shared as necessary with adults supervising the excursion.

This is an important document. Please ensure that someone is able to translate and explain this document to you.

Purpose of the excursion: Cross Country Races _____

Itinerary

Program/itinerary: Students will complete their race, have lunch and return to school on the bus. _____

Departure from School: Date Oct. 3~~rd~~, 16, 25, 2018 _____ Time 8:00am _____

Return to School: Date Oct. 3~~rd~~, 16, 25, 2018 _____ Time 2:45pm _____

In exceptional circumstances, dates and times may change. Every effort will be made to communicate these changes to you ahead of time.

Method of Travel

☒ TDSB bus _____ Public transit _____ Commercial vehicle _____
☐ Private vehicle(adult driver)* _____ Private vehicle(Student driver)* _____

*Approval of the principal is required for all volunteer drivers. The school will make every effort to ensure that parent/guardian consent is obtained for each excursion for students to travel in private vehicles.

Requirements for Participants

Food/snacks: Litterless Lunch, Water bottle _____ Money: Grades 1-2 \$10. Grades 3-8 \$20 _____

Notebook: _____ Clothing and equipment: Dress according to weather. _____

Other: _____

As part of the excursion, students will be participating in the following high-care activities. These activities involve increased risk or special safety considerations, or require special qualifications or certification for supervision. Appropriate supervision will be provided: First Aid with teachers. First Aid Tent on site. _____

Financial Arrangements

Total cost per student: \$ _____ Deposit required: \$ _____ Payable to: _____

Excursion Staff

Teacher: A. Ossher _____ School contact during the excursion: M. Sanders _____

Staff Supervisors: J. Ellis, A. Zarahia _____

Volunteer Supervisors (if known): _____

Teacher A. Ossher _____ Signature _____ Date _____

Administrator *B. Sanders* _____ Signature *[Signature]* _____ Date _____

this form to the teacher by: _____

YES

I/we give permission for my/our child/ward, _____, to participate in the excursion

to _____ on (date) _____

Emergency Contact: _____ Emergency Phone Number: _____

I/we give permission for my/our child/ward to be transported in a private vehicle (adult driver) _____, private vehicle (student driver) _____ who has been authorized by the principal.

Parent Signature _____

Is there any change in medical information or a medical reason why your child should not participate in the activity, or which may lead him/her to require special attention during the activity? _____

Should it become necessary for my/our child/ward to have medical care, I/we hereby give the teacher permission to use her/his best judgment in obtaining the best of such service for my/our child/ward. I/we understand that any cost will be my/our responsibility. I/we also understand that in the event of illness or accident, I/we will be notified as soon as possible.

Name of Parent/Guardian _____
(printed name of parent/guardian)

Signature of Parent/Guardian _____ Today's date: _____
(or student, if 18 years old or older)

For students 18 years old or older, it is strongly recommended that the parent/guardian also sign this form.

I wish to volunteer on this trip: Yes _____ No _____

Signature of Parent/Guardian _____ Today's date: _____
(or student, if 18 years old or older)

NO

I/we do not give permission for my/our child, _____, to participate in the excursion to _____ on (date) _____

Name of Parent/Guardian _____
(printed name of parent/guardian)

Signature of Parent/Guardian _____ Today's date: _____
(or student, if 18 years old or older)

NORTHLEA CROSS COUNTRY CODE OF CONDUCT

The organizers of the Cross Country Program at Northlea Elementary & Middle School are committed to creating a positive atmosphere in which all students have the opportunity to have fun and participate in an athletic program. Everyone is welcome to participate as long as our code of conduct is followed at all times. Our volunteers are available to train the participants with the goal of participating in up to three Cross Country meets hosted by TDESSA. We aim for the children to have fun as well as assume responsibility for their own behaviour. This program is a true partnership of home, school and community and respect for all parties must be upheld.

If a student wishes to participate in the Northlea Cross Country Program they agree to abide by the code of conduct while training at school, off site and competing while representing our school.

CODE OF CONDUCT

1. While training or participating in meets, the athletes must treat the coaches, parent volunteers, teachers and fellow athletes with respect at all times.
2. Students must participate in training at Northlea a MINIMUM of three days per week in order to participate in TDESSA meets - no exceptions. This commitment begins the first week of school.
3. Students who are injured and can not run will not be allowed to participate in off-site training. They are welcome to stay onsite at Northlea with another age group or will be asked to stay home from training until the injury is healed.

This program is run by parent volunteers and teachers who donate their time. Poor behaviour and/or sportsmanship will not be tolerated. If a coach and or teacher feel that a child's attitude or behaviour is an ongoing problem, the coach will notify the co-ordinators and the school administration and a meeting will be held to assess whether the child should be allowed to continue in the program.

Student name

Student Signature

Parent name

Parent Signature

NORTHLEA SPIRIT WEAR

This year, all orders are to be done by each individual family online through our supplier.

Please visit:

<http://northleaschool.entripyshops.com>

Our lime green shirt ordered in previous years is called:

ATC Youth Pro Team T
(Please select LIME GREEN)

Customization is available by clicking on the
back view of the shirt.

All runners are required to wear a Northlea shirt for the TDSB races. They need 7-8 business days for delivery. Please order now to ensure you have all your Northlea gear for the first race!