



# Our Lady of Perpetual Help School

2550 Camosun Street  
Vancouver, BC V6R 3W6  
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March 29, 2017

Dear Parents,

Your child has expressed an interest in joining Track and Field this year. Track and Field is open to students in Grades 3-7, and includes a variety of events for most age levels. Students may train in one or more events. **Practices begin the week of April 3<sup>rd</sup>.** Please refer to the schedule on the back of this page for practice times. If there is a conflict with Badminton, students should attend badminton practice as a priority and make an effort to go to track practices when available. If they have a conflict with other outside activities, they are expected to attend two track practices for that week.

We will attempt to place as many students as possible in our first meet in mid May. **Please note that, for the remainder of the meets, we are limited in the number of students that we can enter and that the athletes must qualify for their events based on standards supplied by the meet coordinators.** Permission slips and specific information will be sent home with the selected students for each track meet.

### PRACTICE SCHEDULE:

**Please Note:** Practices will begin for **ALL** students the week of April 3<sup>rd</sup>. Students must be in OLPH gym strip for practices. Practices will be cancelled only in the event of heavy rain; we will still practice if it is raining lightly. Please dress your child appropriately for the weather conditions. Once badminton is over, we will use the gym for training on rainy days.

**Grades 3-7:** For the first few practices of the season, our coaches will be focusing on cardiovascular endurance. Starting on April 18<sup>th</sup> (lasting for about 3 weeks), we will be formally evaluating all participants in three basic track disciplines (jumping, sprints, throwing). Students are expected to attend two practices per week. *If students accumulate three unexcused absences, they will be asked to leave the team.* All practices will take place at Queen Elizabeth School at Camosun and 16th Avenue. We will meet in the school courtyard and will walk up to the track as a group. We will leave the track in time to be back at Our Lady's by 4:30 p.m. If you choose to pick up your child from the track, you must be there 15 minutes ahead of time (4:15 p.m.). Children are not allowed to wait at the track for pick-up; if their ride is not there by the time we leave, all students will walk back to Our Lady's.

As we move closer to the final meets, we may need to add practices for specific events. You will be notified of any changes or additions. **Please sign the attached permission slip and return it to your child's teacher by Monday, April 3<sup>rd</sup>.** Thank you for your continued support, we are looking forward to another successful track season!

Meets that we are planning to attend are as follows:

1. St. Joseph's Track Meet (Grades 3-7) @ Swangard Stadium, Burnaby  
**Thursday, May 11, 2017**
2. Vancouver College Track Meet (Grades 3-7) @ Vancouver College  
**Thursday, May 18, 2017**
3. BC Track and Field Championships (Grades 3-7) @ Clement Track, Richmond  
**May 26, 27, 28, 2017**
4. CISVA Meet (Grades 3-7) @ Swangard Stadium, Burnaby  
**Wednesday, May 31<sup>st</sup>, 2017 & Wednesday, June 7<sup>th</sup>, 2017**

Sincerely,

Our Lady's Track and Field Coaches

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### OLPH Track and Field Permission Slip (Return by Monday, April 3<sup>rd</sup>, 2017)

I give \_\_\_\_\_ in Grade \_\_\_\_\_ A/B permission to join the OLPH Track & Field  
(Please print first and last name)

Team for the 2017 season.

**Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you:**

- a) are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child and
- b) release the school, its employees and agents, from any actions, claims or damages relating to the activity.

Parent Signature: \_\_\_\_\_ Parent Name: \_\_\_\_\_  
(Please print)