# j0187991ROCHESTER ELEMENTARY SCHOOL

March 2018

Dear Parents/Guardians,

Another season of track and field is quickly approaching. It is time to get the runners in shape, ready for the Como Lake relays, which take place **Thursday, April 19th**. As with all Rochester athletics we will be emphasizing good sportsmanship, endurance, development and fun.

Our practices will be held on **Tuesdays and Friday from 8:15-8:45 am**. Proper gym strip and runners are mandatory. Occasionally a practice may have to be rescheduled or extra practices may be called. ***We will practice rain or shine***. We will begin practice on Tuesday, March 6th.

Participants are encouraged to follow through on their commitment to the relay team. Joining a team indicates a commitment to support fellow athletes, coaches and the school. Once a part of the relay team, a student is expected to be supportive until the end of the season. If a student misses more than two practices (without a valid reason), parents may be contacted and the student may be asked to leave the team.

The Como Lake relay event will take place **after school** on **Thursday, April 19th** at Como Lake Park. Permission slips, request for volunteers and more information will be sent home at a later date.

We are looking forward to a great season. Please contact us if you have any questions or concerns.

Thank you, from your coaches,

Mme Benedict, Mr Grender, Mme Anderson and Mrs Moore

almoore@sd43.bc.ca

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❑ - Yes, my child can participate in relay practices

❑ - Yes, they understand the commitment and expectations

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| Student Name |  | Grade |  | Division |

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|  Parent Signature |  | Telephone Number |