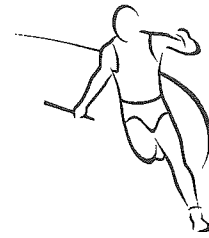


ROCHESTER ELEMENTARY SCHOOL



February 2019

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 18th. As with all Rochester athletics we will be emphasizing good sportsmanship, endurance, development and fun.

Our practices will be held on **Tuesdays and Thursdays 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**. Snow permitting, we will begin practice on Tuesday, February 26th.

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. The relays are meant for students in Grade 4 & 5, but students in Grade 3 are welcome to join us for the practices, its great training for the upcoming track and field season. We often need to ask some grade 3's to join us for our event day to make up our teams of four.

The Como Lake relay event will take place **after school on Thursday, April 18th** 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,
Mrs Johnson, Mme Benedict and Mrs. Moore

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(Please return as soon as possible to Mrs. Moore)

- Yes, my child can participate in relay practices

- Yes, they understand the commitment and expectations

Student Name

Grade

Division

Parent Signature

Telephone Number