

Wednesday, Feb. 22, 2017

COMO LAKE RELAY RACES

Dear Parents and Grade 4 & 5 Students,

This year Eagle Ridge Elementary grade 4 and 5 students have the opportunity to participate in the Como Lake Relay Races. These will be held after school on Thursday, April 20, from 3:00 to 5:00 p.m. Students are placed into 4-person teams that run a baton relay race around Como Lake. Each student runs one lap of the lake, a distance of 1.2 km. This is an exciting and rewarding track event, which builds individual confidence and teamwork spirit.

Please see the schedule on the back of this sheet for practice days. Practices are after school at 3:00 pm on the lower field, until 3:30 pm. We will meet at the gravel field. If it is raining hard (or the field is in rough shape due to water/ice/snow) we will move practices to the gym if it's available, or we may cancel. The schedule will also be available soon on our school calendar at: www.sd43.bc.ca/school/eagleridge

If students would like to participate but cannot attend all the practices due to other scheduled activities, please talk to a coach and we'll see if we can make it work. As long as students commit to also doing a bit of practicing on their own, it's fine; we would like to see as many students as possible participate.

Students, please come ready to run, dressed for the weather. Wear running shoes, and bring a water bottle. Shorts and t-shirts are good; sweat pants and sweatshirts are fine if you are comfortable in these.

All participating students will be required to demonstrate good sportsmanship and at all times follow rules set by coaches. Coaches will create teams based on timing results, attendance, and effort. Typically teams are built based on order of fastest trial times. In order to be placed on a team, students must show they can run the distance. Students not placed on a full Eagle Ridge team will participate on race day on a "mixed-school" team.

We hope to see lots of energetic grade 4 and grade 5 students there!

Sincerely,

Mr. Botero and relay coaches



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Permission Slip - Como Lake Relay Practices

My child _____ in Division _____ has my permission to participate in the Como Lake Relay practices.

Signature of Parent/Guardian

Contact Phone Number
(at practice times, 3:00pm)

eMail of Parent/Guardian

Como Lake Relay Team Practices, 2017

Monday	Feb.	27	Mrs. Peresin, Mr. Jung
Tuesday	Feb.	28	Mrs. Morrison, Mr. Drake
Tuesday	Mar.	7	Mrs. Morrison, Mr. Drake
Wednesday	Mar.	8	Ms. Phelan, Mr. Jung
Thursday	Mar.	9	Ms. Patrick, Mrs. Martin

SPRING BREAK

Monday	Mar.	27	Mrs. Peresin, Mr. Jung
Tuesday	Mar.	28	Mrs. Morrison, Mr. Drake
Thursday	Mar.	30	Ms. Patrick, Mrs. Martin
Tuesday	Apr.	4	Mrs. Morrison, Mr. Drake
Wednesday	Apr.	5	Ms. Phelan, Mr. Jung
Thursday	Apr.	6	Ms. Patrick, Mrs. Martin
Monday	Apr.	10	Mrs. Peresin, Mr. Jung
Tuesday	Apr.	11	Mrs. Morrison, Mr. Drake
Thursday	Apr.	13	Ms. Patrick, Mrs. Martin
Tuesday	Apr.	18	Mrs. Morrison, Mr. Drake
Wednesday	Apr.	19	Ms. Phelan, Mr. Jung

Thursday Apr. 20 RACE DAY, 3pm (leaving school at 2:30, parent drivers needed)