

Abbotsford Traditional Middle School

2272 Windsor Road,
Abbotsford, B.C. V2T 6M1
Ph: 604 850-3511 Fax: 604 850-7692

A.T.M.S. X-COUNTRY CONSENT FORM



Dear parent/guardian,

Cross Country Running for Grades 6 - 8 has started again, and your child has indicated an interest in participating. Please read the following information and if your child chooses to make a commitment to the team, please send the completed form along with \$7.00 to our first practice on Wednesday, September 10, 2008.

School Expectations for Student Athletes:

1. As representatives of our school all students are expected to demonstrate a high level of sportsmanship
2. Students are also expected to behave in a fashion that is acceptable to coaches at all practices and meets
3. Students are expected to attend all practices and meets. The only exceptions are when the coach has been forewarned of an absence due to illness or unique circumstance.
4. All students must have proper practice attire (shorts, shirts, and shoes)
5. Failure to consistently meet any of the above expectations can result in a student being asked to leave the team.

Transportation

As always, you are responsible for arranging transportation for your child to and from all meets.

If you are willing to provide transportation to other student athletes on the team, please fill out the "Adult Volunteer" form and return ASAP.

Fees:

The fee for X-Country this year is **\$7.00** (\$4.00 registration fee to the Valley Royals Track & Field Club and \$3.00 for a wind up party).

Uniforms:

Thank-you to the PAC for our jerseys! All student athletes will receive a jersey at the beginning of the season. Each student is responsible for wearing their jersey to all meets and returning it clean at the end of the season. Please wear blue P.E. shorts, and appropriate runners.

A note from your coaches:

We are trying to put together a winning team that can have fun while learning new skills. In order to be successful we need your weekly commitment. Cross Country season is an intense period of time that lasts only until mid October.

Where: Practices:- ATMS fields and neighbourhood
Meets:- Clearbrook Park, 3680 Clearbrook Rd.

When: Practices:- All practices are from 2:30 until 3:00.

- Wednesday, September 10
- Thursday, September 11
- Monday, September 15
- Thursday, September 18
- Monday, September 22
- Thursday, September 25
- Monday, September 29
- Thursday, October 2
- Monday, October 6
- Tuesday October 7



Meets:- This year the meets will take place on Wednesdays at 3:45.
September 17, 24 and October 1, 8

Please sign and return the attached permission form.

Sincerely,

Mrs. C. Fehlauer & Mrs. H. Mills

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I have read and understand the expectations listed above, and I hereby give permission for _____ to participate in practices and meets. I understand that I am responsible for arranging transportation for my child to and from track meets.

Parent/Guardian signature: _____ Date: _____