16th February 2015

Dear Parents

ST MICHAEL’S CROSS COUNTRY
Wednesday, 11th March 2015

The annual School Cross Country Carnival for Years 3-6 will be held in the grounds of St Michael’s and Nagle College on Wednesday, 11th March 2015 during the morning session (9.30am-11.30am).

The main outcome for the St Michael’s Cross Country is for children to have fun, develop fitness and encourage school spirit. The secondary purpose is to select a School Cross Country team for the Diocesan Cross Country.

Children will be required to wear their sports uniform to school. If your child suffers from asthma, please make sure he or she brings a puffer to the Cross Country Carnival.

Please ensure your child has their hat and sunscreen on the day and encourage your child to be well hydrated on the morning of the Cross Country Carnival and supply them with a water bottle. No glass or soft drink is permitted.

All children are expected to sit in their colour house and are expected to participate. Only children with a written note from their parents explaining an injury or illness will be permitted to miss the Cross Country run.

Juniors (under 8, 9 & 10) will do two laps of the Cross Country circuit and seniors (11, 12 & 13) will do three laps of the circuit. The first 10 place getters in each age group and gender will score colour house points.

Selection for the Diocesan Cross Country Carnival will be as follows:
The top 6 place getters timed for each gender and age divisions, 8/9 years; 10 years; 11 years; 12 years and 13 years will represent St Michael’s by attending the Diocesan Cross Country on Tuesday, 5th May 2015.

If you are able to help on the day from 9.30am-11.30am could you please complete the slip below and return by Friday, 27th February.

Yours sincerely
Jeff Phillips/Elliott McKimm
PE/SPORTS TEACHERS

CROSS COUNTRY – 11th March 2015

Child’s name: .................................................. Class: .........................

I ________________________________ am able to assist on the day of the cross country.

(Parent Name)