

September 7, 2011

Dear Parent/Guardian,

Your child has expressed interest in joining the Valley Catholic elementary and middle school cross country club. We are excited to have you consider allowing your child to join our group of dedicated runners!

Club membership is open to students in third through eighth grades. We meet on Mondays and Wednesdays in the Valley Catholic High School athletic center lobby at 3:25 pm for club practices. Elementary school students will be escorted to the high school. During the hour-long practice sessions, we will run on campus and in the Tualatin Hills Nature Park near campus. In addition to scheduled practices, students are encouraged to run on their own two to three times a week. Because cross country is an endurance sport, developing a routine of running is extremely important to achieving success.

I have provided a schedule of meets for the season (on the reverse of this letter). Please look it over and let your child know which meets he or she will be able to attend. Parents will be responsible for transporting their child to each meet. On occasion, a coach may not be able to be in attendance at the meet. We will let you know this in advance, and we will provide athletes with a warm-up plan at the practice before the meet.

Students will wear uniforms in all competitions. Although you will not be asked to purchase the uniform, we will need to request a \$20 deposit. If the uniform provided to your child is returned in the same condition it was received, your deposit will be refunded. To pay the deposit, please send a check payable to Valley Catholic School to be collected at the first practice your child attends.

Please sign and return the attached general permission slip, which will grant your student permission to participate in the club and run off campus at the Tualatin Hills Nature Park. Students will not be able to participate until their permission slips have been signed and returned.

We will meet for our first club practice on Wednesday, September 14. Please encourage your child to run in the meantime. It is important to begin working on endurance now.

If you have any questions, please feel free to contact us at school or by email. You can reach Joe Manning at [jmanning@valleycatholic.org](mailto:jmanning@valleycatholic.org) and Eric Holstrom at [eholstrom@valleycatholic.org](mailto:eholstrom@valleycatholic.org).

Sincerely,

Joe Manning  
Principal  
Valley Catholic Elementary School

Eric Holstrom  
PE Teacher  
Valley Catholic Elementary School

# VALLEY CATHOLIC CROSS COUNTRY CLUB

## SCHEDULE

\*Parents must provide transportation to and supervision at all meets, except the meet on 9/29\*

\*There may be some meets that coaches will not be able to attend.\*

- #  
Saturday, 9/24      **PDXC Race**  
Portland Meadows, Portland  
9 am race begins  
Grades 6, 7, and 8 only. All grades run together in one race.
- Tuesday, 9/27      **Hillsboro Parks and Recreation Series**  
Liberty High School, Hillsboro  
5 pm                      Grades 3 & 4 (1 mile)  
5:20 pm                  Grades 5 & 6 (1.2 mile)  
5:35 pm                  Grades 7 & 8 (1.8 mile)  
Registration begins as early as 4 pm.
- Thursday, 9/29      **Southwest Christian Invitational**  
Southwest Christian School, Beaverton  
4 pm                      Girls' Race  
4:30 pm                  Boys' Race  
Grades 5, 6, 7, and 8 only
- Tuesday, 10/4      **Hillsboro Parks and Recreation Series**  
Glencoe High School, Hillsboro  
5 pm                      Grades 3 & 4 (1 mile)  
5:20 pm                  Grades 5 & 6 (1.2 mile)  
5:35 pm                  Grades 7 & 8 (1.8 mile)  
Registration begins as early as 4 pm.
- Tuesday, 10/11      **Hillsboro Parks and Recreation Series**  
Century High School, Hillsboro  
5 pm                      Grades 3 & 4 (1 mile)  
5:20 pm                  Grades 5 & 6 (1.2 mile)  
5:35 pm                  Grades 7 & 8 (1.8 mile)  
Registration begins as early as 4 pm.
- Sunday, 10/16      **PDXC Race**  
Westmoreland Park, Portland  
Registration begins at 12 pm, races start at 1 pm.
- Tuesday, 10/18      **Hillsboro Parks and Recreation Series**  
Rood Bridge Park, Hillsboro  
5 pm                      Grades 3 & 4 (1 mile)  
5:20 pm                  Grades 5 & 6 (1.2 mile)  
5:35 pm                  Grades 7 & 8 (1.8 mile)  
Registration begins as early as 4 pm.
- Sunday, 10/23      **PDXC Race**  
Fernhill Park, Portland  
Registration begins at 12 pm, races start at 1 pm.
- Sunday, 10/30      **Middle School State Championships**  
Fernhill Park, Portland  
12:00 – 4:30

\*Some races may have entry fees.

# VALLEY CATHOLIC CROSS COUNTRY CLUB

PERMISSION SLIP

FALL 2011

**PRACTICES: MONDAYS & WEDNESDAYS: 3:25-4:25 P.M.**

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Contact: \_\_\_\_\_

Phone # (Home) \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Phone # (Work) \_\_\_\_\_

Phone # (Cell) \_\_\_\_\_

At which number are you most likely to be reached between 3 and 5 p.m.? (circle) Home      Work      Cell

Emergency Contact: \_\_\_\_\_

Phone # (Home) \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone # (Work) \_\_\_\_\_

Phone # (Cell) \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy #: \_\_\_\_\_

Family Physician: \_\_\_\_\_

Phone #: \_\_\_\_\_

By signing below, I indicate that I am aware of the details of participation in the Valley Catholic Cross Country Club. I understand that my student will occasionally run off campus in the Tualatin Hills Nature Park under a coach/advisor's supervision. I also understand that my student will travel, by bus or private vehicle, to the following cross country competition:

**Thursday, 9/29**

*Southwest Christian Invitational, Beaverton (5<sup>th</sup>/6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>)*

Depart: 3:15 p.m. Return: 6:00 p.m.

It is further understood and agreed that I hereby authorize Valley Catholic and its employees or chaperones to secure the necessary medical services for my child in the event of an accident or illness. Further, I will solely be responsible for the payment of those services.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_