

St. Frances Cabrini Cross Country

Dear Cabrini Parent,

Aug 22 2019

Welcome to the 2019 cross country season! We are looking for runners who would like to increase their level of fitness, learn sportsmanship, be part of a team, and have fun. We welcome new runners, as well as experienced ones. Please note that I need each family to fill out and return the second page of this letter, regarding volunteer requirements for the cross country program.

Here are the basics of the program:

1. Practices are scheduled Tuesday, Wednesday and Thursday from 3:00-4:15 at SFC. **Practice for 4th-8th grades will begin Wednesday, Sept 4; Practice for K-3rd grades will begin Tuesday, Sept 10.** Children should always have their running clothes, including comfortable athletic shoes, and a water bottle for all practices. We will make water available to those who do not bring a water bottle.

2. Volunteers: In order to ensure safety and meet the needs of our students (K- 8th grade), we will rely on 10-12 parent volunteers per practice. Parents will assist with pacing (running or walking), timing, encouragement, water support etc. You do not need to be a runner to help. I encourage each parent who has a child participating to commit to volunteering at least one practice or meet. If you can commit to more, we will be thrilled!! It is a great way to fulfill your school volunteer commitment hours, while encouraging your child's efforts.

3. Meets will be held Sunday afternoons at Mount Tahoma High School, at 4634 S. 74th St, Tacoma. **Meet dates are: Sept 22nd & 29th, and Oct 6th.** The first races start at 2:00 PM. Other starting times will be announced prior to the first meet. Distances are as follows: K: (400 meters, approx. 1/4 mile), 1st, 2nd, & 3rd: (800 meters, approx. 1/2 mile), 4th, and 5th: (1 mile), 6th, 7th, and 8th: (1 1/2 miles). All members of the team are expected to run in all meets. If your child is unable to attend a meet please notify me. Unexcused absences from meets will result in dismissal from the team. We will need parents to sign-up to provide some type of snack, such as orange slices, granola bars, etc. for our athletes at meets. We will need about 5 volunteers at each meet to bring enough for 15 students. I will send out detailed instructions prior to the first meet and you will be able to volunteer to bring snacks at that time. We will also be responsible for manning race stations during the meet, will follow soon.

4. Registration Process: Starting this year, there is an online registration process to enroll your child into the cross country program. The archdiocese has paid for use of "teamsideline", an online registration process. This will effectively move our registration process from paper to electronic means. It will help to save time on distributing and collecting forms and ensure all important info is legible. Any parents who need computer access can use the SFC School parent central room.

The online forms are available at the following website (www.teamsideline.com/sites/seattlecyo/home). Select the link and scroll down to cross county registration. You will need to create a new account for yourself and then you can add your child. **All forms and fees must be turned in before your child will be allowed to practice.** This is the school and diocese policy. Children who come to practice without meeting this requirement will be sent to extended care. ***Registration ends at 3 PM on Tuesday, September 3rd for 4th-8th grades, and Monday, September 9th for K-3rd grades.*** Any registrations turned in after that will be on a 24 hour hold for processing.

5. Registration Fees: The fee for participating in cross country is **\$30 per student.** **Be advised that the cost is \$30 and not free (website has \$0 cost).** **Unfortunately, you will not be able to pay on-line and must send a payment to the school front office in the form of cash or check. Your payment must be received prior to participation.** The fee covers practices, meets, and a SFC Cross Country shirt, which will be provided to all runners (yours to keep). In addition, it allows your child to participate in our spring Running Club. If you are unable to pay the participation fee, please contact the front office.

6. All participants are expected to follow the instructions of their coaches. Participants are also expected to treat fellow students with courtesy and respect. Participants who do not abide by these rules will be removed from practice and their parents will be contacted.

Sincerely,

Kraig Van Vleck
SFC Cross Country Head Coach.
253-208-1587 or kvancvv26@gmail.com

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Please print and fill out one sheet per family.

The form below has the dates for practices and meets and volunteer information. Please fill in the form and bring it to Parent Night AUG 27th, Back to School BBQ AUG 29th, drop it by the school office, or send it back in your family envelope along with the \$30 program fee. Please ensure you complete sports forms online using the hyperlink on page 1.

Family name _____

Child's name _____ Child's grade (at start of 2018-19 school year) _____

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Briefly tell us what you would like your child to get out of participating in cross country this year:

My goals for my child/children are: _____

Parent Volunteer Name: _____

Phone _____

Email: _____

Parent Volunteers:

Please circle which date(s) you can attend: **Note: 4th-8th grades begin practice 9/4. K-3rd begin 9/10**

Yes, I can volunteer for Tuesday practice. (9/10, 9/17, 9/24, 10/1)

Yes, I can volunteer for Wednesday practice. (9/4, 9/11, 9/18, 9/25, 10/2)

Yes, I can volunteer for Thursday practice. (9/5, 9/12, 9/19, 9/26, 10/3)

Yes, I can help with the Sunday CC meets at Mount Tahoma H.S. (9/22, 9/29, & 10/6)

I am:

able to walk with a group during practice

able to run with a group during practice

unable to run or walk with a group, but can assist in non-running support.