

North Saanich Middle School

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April, 2013

Dear North Saanich Middle School Track Parents,

We are looking forward to an exciting track season. Please see the school website for practice dates/times for each event. (northsaanich.sd63.bc.ca)

In order to participate in an event at the Track Meets, students must attend practices for that event. Students who miss more than 3 practices without a legitimate excuse will be disqualified for competition.

This years events and meet dates are: (held at UVic's Centennial Stadium)

#1 League Meet Track: 800 m, 200 m, 2000 m, Field: Girls: long jump, shotput Boys: long jump, high jump, discus	Monday, April 29	4:00 - 6:30
#2 League Meet Track: sprint hurdles, 1200 m, 100 m, 400 m, 4x100 m (self-time) Field: Girls: triple jump, high jump, discus Boys: triple jump, shotput	Monday, May 6	4:00 - 6:30
#3 League Meet Track: 800 m, 200 m, 2000 m, 4x400 (self-time) Field: Girls: long jump, shotput Boys: long jump, high jump, discus	Monday, May 13	4:00 - 6:30
#4 League Meet Track: sprint hurdles, 1200 m, 100 m, 400 m, 4x100 m (self-time) Field: Girls: triple jump, high jump, discus Boys: triple jump, shotput	Wednesday, May 22	4:00 - 6:30
#5 League Meet Track: 2000 m final (championships), 4x100 qualifying, 4x400 practices	Wednesday, May 29	4:00 - 6:30
#6 Championship Meet	Wednesday, June 5	9:00 to 3:30

Students are expected to arrange their own rides to and from the meets. If you are driving students to one or more of these events please complete the School Use of Private Vehicle form (3040-B). As per board policy, any parents driving or volunteering at the meets will also have to have a current Criminal Records Check (CRC) on file in the school office.

There will be an 8:30 meeting of all Track Meet participants on Meet days to confirm attendance and transportation arrangements. Students with incomplete paperwork (permission form, student information form, events information) will not be able to participate. Please note, pay parking will be in effect during the track meets.

In order for track meets to run safely and successfully, it is essential that we have the help of parent volunteers. Please complete the attached form indicating your availability.

Dates, event schedules and results can be found on the Lower Island School Sports website at:
<http://www.lowerislandschoolsports.ca/>

Please feel free to contact us with any questions or concerns.

The NSMS Track Coaches:

Ms. Carruthers, Ms. Jones, Ms Wheatley
Ms. McNee (paperwork and meet organization)

***Please complete and submit along with attached Field Trip permission form to Mrs. McNee.

Student Information

Name: _____ Gender: _____
Age: _____ Grade: _____ Division: _____
Parent/Guardian Name: _____ Home Phone: _____
Email: _____

Emergency Contact (name and number): _____

Does your child have any health concerns that the coaches should be aware of?

I have a School Use of Private Vehicle Form on file with the school office

I have a current CRC on file with the school office

Event Information

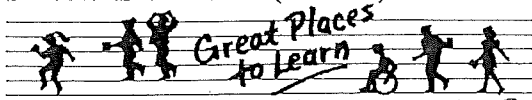
Please circle all the events that you are interested in competing in:

100 m	1200 m	triple jump
200 m	2000 m	long jump
400 m	4X100 m relay	high jump
800 m	4x400 m relay	discus
80 m hurdles - only for students who train with a community group		shot put

Please note: Athletes may compete in as many events as they wish within the possibilities of the schedule. Coaches may have to assist athlete to make realistic choices for event entry for safety and so that the event schedules are not held up.

In order for our school to participate in Track and Field, we are required to have parent volunteers at each meet. Please check the events your child has signed up for before volunteering as not every event happens at each meet. I can volunteer for: (circle those that apply)

For all Meets (4:00 - 6:30)	Wednesday, May 22 (4:00 - 6:30)
Monday, April 29 (4:00 - 6:30)	Wednesday, May 29 (4:00 - 6:30)
Monday, May 6 (4:00 - 6:30)	Wednesday, June 5 (9:00 - 3:30)
Monday, May 13 (4:00 - 6:30)	



NSMS Track Coaches

School: NSMS

Class(es): Track Team

Supervising Adult(s): 04/29/13; 05/06/13; 05/13/13; 05/22/13; 05/29/13
Departure: 4:00
the more of (month/day/year) time

Return: Same day 6:30 approx.
(month/day/year) time

Destination: UVic Centennial Stadium

Field trip cost to student: 0

Transportation*: Student-driven vehicles Parent/other adult driven vehicles School bus
 Other (please specify): _____

**Effective July 1, 2008, use of booster seats in all passenger vehicles except school buses is mandatory when transporting children under the age of nine years who are at least 18 kg (40 lbs) and have not yet reached the height of 145cm (4'9") tall.*

***Please be aware that private vehicles and rental vans do not meet the same safety standards as school buses.*

The alternative activity provided for non participating students will be: _____

Other information from school: (see attached information letter and/or schedule) _____

please see attached.
Championship Meet - June 5th (9:00-3:30 for those who qualify)

PARENT/GUARDIAN - PLEASE COMPLETE

* NAME OF STUDENT: _____

* **YES** I have been provided with information about the planned field trip (including possible information such as educational objectives, field trip agenda, itinerary, level of supervision, safety concerns, cost, fund raising, mode of transportation -- bus, private vehicles, vehicles driven by students, etc.).
 I have read the criteria outlined above, and confirm that my child *does* require a booster seat, which I will provide for this trip.
 I have read the criteria outlined above, and confirm that my child *does not* require a booster seat.
 I feel that I have received sufficient information from the school and give my consent.

Signature of Parent/Guardian: _____ Date: _____

OPTIONAL:

The above named student will carry a piece of personal identification on this field trip.

Medical Care Card # for the above named student is _____.

NO I do not give my consent for the following reason(s):

Signature of Parent/Guardian: _____ Date: _____

Please return completed form as soon as possible to your child's school

For a complete version of Saanich's field trip policy, please contact your school's office or refer to our District website at www.sd63.bc.ca