

# École St Paul Indoor Track!



Dear Students, Parents and Guardians  
Welcome to the new season of Indoor Track!

## Practices this year will be held:

- Wednesdays at 8:00 am Under 11 boys and girls
- Thursdays at 8:00 am Under 13 & Under 15 Boys and girls

Our first scheduled practices will be on Wednesday, Jan 5<sup>th</sup> (U11 Boys & Girls) and Thursday, Jan 6<sup>th</sup> (U13 and U15 Boys & Girls).

## The schedule for this year's Track Meets is as follows:

- |                            |   |
|----------------------------|---|
| 1. PR Athletics→           | Thursday, January 20 <sup>th</sup> , 2022, PM |
| 2. PR Relay Small schools→ | Tuesday, February 15 <sup>th</sup> , 2022, PM |
| 3. GSCS Championship→      | Wednesday, March 9 <sup>th</sup> , 2022, PM   |

## Expectations: Respect and responsibility

### Respect:

- All team members are to always show respect for self, teammates, opponents, officials, parent drivers, teachers and coaches.

### Responsibility:

- We expect that runners come to practice on time. They are expected to change promptly and meet in gym to start warm up and stretching.
- We ask that runners come to practices dressed appropriately:

### All runners should wear:

- Good pair of Running shoes! (No black soles, no basketball or skater shoes, no hikers, etc.)
- Shorts & T-shirt (no tank-tops). Warm-ups (long pants or sweat pants) are a plus.
- Meets: Runners are responsible to arrange for transportation to and from meets. These arrangements should be done in advance, not the day of the meet. Students are to check the schedule and show up on time for their race. They are to follow Field house rules, sit with teammates and warm up/stretch prior to races...

### Feild House/City Leisure centers COVID Protocols:

We encourage all students who are interested to participate indoor track. Please note that when it comes time to compete, at this time, students, aged 12 + must provide proof of full COVID-19 vaccination or a negative test

(covid antigen or polymerase chain reaction test) within 72 hours along with proof of identification in order to access City Leisure Centres. At this time, proof of vaccination or proof of a negative COVID-19 test does not apply to children under 12. Children under 12 must be accompanied by a parent who has proof of full COVID-19 vaccination or a negative test (covid antigen or polymerase chain reaction test) within 72 hours along with proof of identification in order to access City Leisure Centres.

We would ask that you check your calendars as soon as possible and let the track coaches know whether your son or daughter will not be able to attend a track meet. Please note that participation in the Track Meets depends on morning practice attendance and attitude.

Thank you in advance for your support and commitment!

Claudette Degagne-Ellis  
Nathalie Meszaros

Please sign and return to Mme Degagne-Ellis by Thursday, December 16th, 2022.

### École St Paul INDOOR TRACK

#### TEAM MEMBER/STUDENT

Student's full name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ M/F

Teacher: \_\_\_\_\_

Birthday (incl. year): \_\_\_\_ Month \_\_\_\_ Day \_\_\_\_ Year

Cell number: \_\_\_\_\_ (parent/guardian) \_\_\_\_\_ (parent/guardian)

I accept to follow all expectations required to be on the École St Paul Track team.  
I can attend most 8:00 am practices for my age group and Track Meets.

Team member's signature: \_\_\_\_\_

#### PARENTS

I give my child \_\_\_\_\_ permission to join the École St Paul Indoor Track Team. My child has arrangements to arrive at school for 8:00 am practices.

Parent's name: \_\_\_\_\_

Parent/guardian's signature: \_\_\_\_\_

Phone number: \_\_\_\_\_