



Ecole Mother d' Youville School is offering this program to grade 5-9. The program will run for the month of September and will wrap up with the LDAA meet for grades 5-9. The LDAA meet is on September 27th/22, at Peace Hills, Wetaskiwin.

If you are unable to make certain sessions, that is "ok!" We understand that people are busy and events conflict. Come out to the next one, but you have to have your permission slip in!

After school running practice will be on for the following dates:

September 13	Tuesday
September 15	Thursday
September 19	Monday
September 20	Tuesday
September 22	Thursday

-After school when the bell rings students will get ready and meet on the tarmac area. Once the buses are gone, session will begin and run until 4pm.

Students will be expected to be properly dressed for athletics, including shoes (Sandals, boots, dress shoes, will not be permitted).

We will be having sessions on the following:

-Stretching and proper warm-up/cool down (dynamic stretching vs. static stretching). Running technique and endurance. We will be working to improve technique and pace.

***Lead:** Leanne Bownes

Teacher: Craig Proudfoot craig.proudfoot@starcatholic.ab.ca

Permission Slip

Cross Country

Permission for *(please print students full name)*

_____ to participate in the cross country program
and LDAA meet, September 27th, Tuesday.

Parental signature: _____.

Child permission to walk-home and skip parent pick-up. Please sign here:

_____.

Parents who are picking up their child are asked to park in the back as students exit from the community doors.

***Please place permission forms in folder at office**