

Ron Larson Elementary Cross Country Running Permission Slip for 4th and 5th Grade Students

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Principal

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Julie Laskey
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Dear Parent(s)/Guardians(s) of Fourth and Fifth Graders,

Your child has shown an interest in participating in the extra-curricular activity of cross-country running! Ms Gueco, Mrs Pitney and Mrs Giacobbe will be coaching this year. For safety purposes, **we will only accept 25 students** who turn in their permission slips.

The goals of our program are to: Develop skills cross country running has to offer.
Understand the importance of training and conditioning.
Give students the opportunity to compete in a District-wide meet.

In order to participate, all students must have the following things by TUESDAY AUGUST 29TH, 2023:

- ❖ **Permission slip and Larson Cross Country Running Contract**
- ❖ Proof of insurance documented on the permission slip (If you do not have insurance, you might qualify for Denali Kid Care. Contact Mrs. Ramilo (our school nurse) for more information at 907-352-2305
- ❖ **\$30.00 Activity fee. MUST BE PAID TO PARTICIPATE (cash/check/or payment through SchoolPay)**
- ❖ **LARSON is not** providing a Larson Sport T-Shirt for athletes to wear during athletic events. A student may purchase their own and we strongly encourage this.
- ❖ If your child would like to purchase a Larson Sport T-Shirt to **KEEP**, he or she can purchase one at the front office or online through SchoolPay at the cost of **\$10**.
- ❖ **Transportation: Parents**, please make arrangements for your child's transportation after practice is over.

Practice Times: We will begin practice on **Tuesday, August 29th**. Practice will begin right after school Tuesday, Wednesday, and Thursday, and it will **END at 5:00 p.m.** No practices on Mondays and Fridays. Students who are not picked up promptly (**twice**) will not be allowed to continue the program. We have no supervision after practice. A District wide meet will be held on Wednesday September 27th at Palmer High School. Bus transportation to the meet will be provided. More information will be sent out closer to that date.

***** please cut here and return to school *****

Cross Country Running Permission Slip: Please read, fill in, and return!

My child, _____, in _____'s _____ grade
child's name teacher's name 4th or 5th

class has permission to participate in x-country running for the 2023-2024 season at Larson Elementary School. I will take responsibility to arrange transportation from school at 5:00 p.m. each day of participation, Tuesday, Wednesday and Thursday.

My child is covered under the following insurance policy:

Insurance Company's Name: _____ policy# _____

parent signature

emergency contact name/ phone #

Parent phone/work/or cell phone

Please circle a t-shirt size if your child needs one.
small medium large

Larson Cross Country Running Contract

Dear Families,

Cross Country Running will be offered to 4th and 5th grade students this year. In order to have a great season, Larson has some expectations for cross country running.

Here are some of the expectations:

- * Students will maintain passing grades and uphold classroom expectations.
- * Students will demonstrate and show teamwork, respect, and sportsmanship.

If a student has to be spoken to twice about his/her poor behavior, he or she will be asked to leave the team if it happens a third time. The coach will notify parents when their child has made poor choices during practice.

- * Students may not have more than 2 unexcused absences. If a student misses 2 practices, he or she will be asked to leave the team. If a student must miss practice for medical reasons, parents will be expected to send a note to school.
- * Students must come to practice with the appropriate gear: running shoes, running pants (sweats) or running shorts), ie. clothing to run in. No jeans are allowed.

If a student comes to practice without the appropriate running gear, the student will be marked absent and **will need to be picked up from school.**

*Students must be picked up **promptly** after practice. Practice is over at 5:00 p.m.

If a parent is late twice to pick up his/her child, the child will be asked to leave the team. (IF an EMERGENCY was the reason for the late pick-up, the coaches will understand.)

WE understand the cross country running expectations.

Parent Signature: _____

Student Signature: _____

Thank you. We look forward to a fun running season!

Note: The district wide meet will be Wednesday, September 27th. Parents must pick up their children after the meet. More info will be sent out closer to this date.