



William A. Fraser Middle School

34695 Blatchford Way, Abbotsford, B.C. V2S 6M6
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"SOAR with the Falcons"

Mr. Bob Voth, Principal

Mrs. Heather Reid, Vice-Principal

Fraser Middle Cross-Country

Dear parents / guardians,

Sept. 6, 2015

Your child has expressed interest in joining Fraser Middle's Cross Country team. Each fall, we are part of the Lafarge Grand Prix Cross Country Series, which is designed to be fun and exciting, as well as to encourage fitness and participation. The season starts **Sept. 14** and ends **Oct. 16**. Practices are after school on Mondays and Fridays (approx. 2:35-3:30 p.m.) and will involve a warm up, a long distance run or games, and a cool down. There will be the occasional off-campus run. Students must wear shorts and proper running shoes, and should have a water bottle.

Off-campus runs will include these routes:

Route One: from school, right on Blatchford Way, right on Guildford, right on Old Yale Rd, right on McMillan Rd, right on Blatchford, back to school (around the block).

Route Two: from school, right on Blatchford, right on Guildford, right on Old Yale, cross Old Yale at the crosswalk, north on McAdam, around Crossley Park, cross Old Yale at the light or crosswalk, and back around the block to school.

There is a **\$5.00** race entry fee charged by the Valley Royals for all athletes. The fee and permission form can be submitted either to Mr. McWhinney or Mrs. Albiston by **Wed. Sept 16**. Late entries are charged a fee of \$8.00, so be sure to get your fee in on time! If your child does not wish to race, then no fee is needed.

The 4 races are held on Wednesdays: September 23 & 30, October 7 & 14. Races are held after school at Clearbrook Park (right next to Clearbrook Elementary). Students should arrive by **3:45 p.m.** Results for those who complete the 1.7 km races will be posted at school.

Race Address: Clearbrook Park, 3680 Clearbrook Road, Abbotsford, BC.

Upon arrival at Clearbrook Park, athletes should check in with Mrs. Albiston, pin on their correct number and then begin warming up together. When the race is over, students need to return their racing numbers to Mrs. Albiston before going home. Adults are encouraged to cheer on students and to act as spotters during races. Please help us discourage bike riders from being on the course, non-competitors from running along with the competitors, athletes from taking short cuts, and harassment of competitors from others.

District media protocols dictate that photos of children other than your own not be published on social media. Selected staff photos will appear in the yearbook.

Students who would like to have Cross Country recorded as one of their official school sports must attend a minimum of 80% of practices and meets.

Please contact Mrs. Albiston or McWhinney at the school if you have further questions.

Sincerely,
Mrs. Albiston and Mr. McWhinney

PLEASE RETURN THE FORM BELOW AS SOON AS POSSIBLE!

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PARENT/GUARDIAN CONSENT

I permit my child, _____, in Div (or teacher) _____ to participate in the **W. A. Fraser CROSS-COUNTRY TEAM** between September 14 and October 16.

Medical concerns, if any: _____

_____ I have enclosed \$5.00 to register my child in the Cross-Country races (\$8 if after Wed. Sept. 16).

_____ I consent to my child running off-campus as described above during supervised practices on Mondays & Fridays.

_____ I am aware that I need to make transportation arrangements for my child to get to and from Clearbrook Park on race days.

_____ (parent's signature) _____ (Date) _____ (Phone #)