



A Note Home

From:

Mr. Bock and Mr Rink
Cross Country Coaches

Aug 31, 2023

Woodhaven Wolfpack Cross Country Team

Dear Parents,

Thank you for your support of the Woodhaven Cross Country running team this year.

We will be attending 6 Cross-country meets at a variety of locations. The races are on Thursdays, begin at 4:15, and end around 5:45. Most of our students will be running between 4:45 and 5:30 as the younger students run first.

You will register your child into our XC Club by filling out this google form - scan the QR code:

RACE INFO:

Dates of Races

- Race #1 - September 14 - Blueberry
- Race #2 - September 21- Living Waters (@ Jubilee Park)
- Race #3 - September 28 - Entwistle
- Race #4 - October 5 - Woodhaven
- Race #5 - October 12 - Meridian
- Race #6 - October 19 - High Park

Zone 5 XC meet - Oct. 11th @ Wilderness Centre in Sherwood Park

Start Times and Order of Races

- All races begin at 4:15pm.
- The youngest athletes compete first...ie. the first race will be the "kindergarten girls" followed by the "kindergarten boys". The grade ones will follow next, and so on and so forth.
- Junior High athletes may race in different groupings if numbers are low...ie. all the grade 7s race at once instead of a girls' race followed by the boys.



COST: By hosting our own race we are able to subsidize some of the cost of our team. If you or your child can volunteer at our race it would be much appreciated to allow us as many hands on deck. The fees are \$30 for the season, which will cover all 6 races and team apparel! Once registered using the Google form QR code, the fee will later be applied to your powerschool account. Payment can be made through Powerschool (www.powerschool.psd.ca), Cash, or Cheques (payable to Parkland School Division). **Hand form and cheque/cash to Ms. Golinowski by Thursday, September 14th.**

PRACTICES: We will be holding practices before school (7:40 am sharp to 8:10 am) on Mondays and Wednesdays starting **Sep 11, 2023**

Practice is important for XC, and this year we will be doing both distance and drill style training. We understand getting students to school early is not always possible, please try your best. Students need to meet at the front entry of the school by **7:35 am** dressed and ready to practice outside. We often walk over to the Brookwood field to train.

***Note: We will have a lunchtime meeting Thursday Sept 7/23**

TRANSPORTATION: Students are responsible to find their own transportation to and from the races.

We, as coaches, will be at each race and will be located in a central location beside a Woodhaven Wolfpack flag. Students will need to check in with us to get race IDs.

We look forward to a great season! Run Hard, Run Fast, Run for Fun!

Coach Bock and Coach Rink

Email is the easiest way to contact us; and if you would like an electronic version of this letter so that you can access the links, please send us an email. Thanks!

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**REMEMBER, YOU MUST USE THE QR CODE TO
COMPLETE YOUR REGISTRATION**