



Principal: Mrs. Heather Reid
Vice-Principal: Ms. Chayne den Ouden
Vice-Principal: Mr. Gurp Mahil

Office Staff:
Ms. Kiara Heinrichs
Mrs. Janine Ebel

Dear Parent / Guardian,

Your child has expressed interest in joining Abbotsford Middle School's Cross Country Team! We are excited to offer another opportunity for student-athletes to represent our school in running races throughout the Fall.

The season consists of **MUTIPLE MEETS** at Clearbrook Park (**3680 Clearbrook Road**) as a part of the Valley Royals Track Grand Prix Racing Series. The dates for the meets are:

- **Wednesday, September 24**
- **Wednesday, October 1**
- **Wednesday, October 8**



More information about the Valley Royals Grand Prix Racing Series can be found at <https://www.valleyroyals.ca/meet-info-2/>

Students are expected to be at the park no later than 4:00pm. The meet ends at approximately 4:45pm – 5:00pm. Parents who will not be staying to watch the meet are asked to please be on time picking up their child. Students and families will need to make arrangements for their own transportation to and from the Grand Prix events. If you are able to volunteer to drive other students, please make arrangements to get a Volunteer Driver's Application package from the office. Once the forms are completed, our administration team will review and provide approval.

Practices will be held at Mill Lake on **Tuesday and Thursdays**, please stay tuned for details. The practices will be after school and will conclude at approximately **3:30pm – 4:00pm**. The practices will be supervised by Mrs. Legault and Ms. Gill. We will meet in the foyer of the school at 2:30 and walk together to Mill Lake. Then, we will be running around Mill Lake. At the conclusion of the practice, we will walk back to the school. Students will be dismissed at the front of the school.

The fee for cross country this year is \$25 (payable by Wednesday, September 17). This includes the entry fee, registration, wind-up party, and any other incidental costs, including coach appreciation. Payment of fees will be available online through SchoolCashOnline (abbotsford.schoolcashonline.com). **Please complete the bottom portion of this notice, identifying your child's interest and commitment to participating in Cross Country here at Abbotsford Middle School.** Payment of fees and consent will be available online as soon as our roster is set.

If you have any questions, please contact one of the Cross-Country Coaches.

Mrs. Marsha Legault (marsha.legault@abbyschools.ca)

Ms. Jasleen Gill (jasleen.gill@abbyschools.ca)

Please return this bottom portion to **Mrs. Legault (ROOM 111)** identifying your commitment to Cross Country this season **BEFORE FRIDAY SEPTEMBER 12th**

Student Name: _____

Grade: _____ Division: _____



My child is committed to participating on the Abby Middle Cross Country Team this season and will be a part of practices and the three Valley Royals Grand Prix Meets. I understand that the **\$25** season fee will be available online soon and that I must go to SchoolCashOnline to provide consent and payment.

Parent / Guardian Name: _____

Signature: _____