Dear Parents

The Prouille Cross Country selection trials will be held on Tuesday 24th March 2015 at St Leo's College Wahroonga at 9:30am. The students attending will be taken by bus to the venue. We are hoping the event will be over by 12pm. Normally the Cross Country is a fun run event for the whole school. This year it will be a nomination only event due to our usual council oval not being available.

Criteria for participation:
- Students in Years 3-6 and those students in Year 2 who are turning 8 during 2015 are eligible to try out for the team.
- Students must have trained and feel confident to complete the distance:
  - 2km for 8, 9 and 10 year olds (children turning 8, 9 or 10 in 2015)
  - 3km for 11 and 12 year olds (children turning 11 or 12 in 2015)
- Students must be in good health on the day of the race
- Students wishing to be selected for the North Shore Cross Country must be able to run the entire course without walking or stopping
- Students who require medication for asthma must run with it in their pocket.
- Students who would like to nominate/competing for a place in the Cross Country team must return a signed permission form by the 16th March.

Students who attend the Cross Country selection trials are to wear their full sports uniform, school hat and sensible running footwear on the day.

Students will need to bring their recess, water bottle and must have already applied sunscreen.

Six boys and girls in each age group will be selected for the Prouille Cross Country Team that will compete in the North Shore Cluster Cross Country on the 5th May at St Ives.

If your child would like to nominate to try out for the Cross Country team please complete the following permission note and return it to school by March the 16th so that buses can be booked. We would appreciate parent helpers on the day. Can you indicate below whether you are able to assist on the day.

Regards

Mrs Julie Caldwell

__________________________________________________________________________________________________________
I give my child _____________________________ Class _____________________________ permission to participate in the Prouille Cross Country at St Leos College, Wahroonga on Tuesday 24th March.

I understand that they will be travelling to and from the venue by bus
Parent Signature _____________________________

I can assist on the morning.

Name _____________________________
Phone _____________________________

Thank you