

Sept. 5, 2017

Dear Parents:

Your son/daughter has expressed interest in participating in Cross-Country running at St. Nicholas School.

The Philosophy for Regina Catholic Schools Elementary Inter-School Sports

Elementary inter-school sports activities are an important part of the education program that contribute to students' physical, mental, emotional and social development. These sports activities are organized to foster sportsmanship, fair play and respect for others before winning.

Participation on an athletic team demands a commitment that involves both dedication and sacrifice. Coaches and parents can help students develop positive character habits by discussing, modeling and reinforcing the desired attitudes and beliefs.

The Beliefs that Guide Our Actions

Inter-school sports activities in Regina Catholic Elementary Schools are guided by the following beliefs.

1. We believe it is important to provide our students with opportunities for inter-school sports activities to encourage physical activity and skill development.
2. We believe students who are engaged in inter-school sports activities develop better social skills and life skills.
3. We believe inter-school sports activities provide opportunities for students to explore different sports and to enjoy positive interaction with others who have similar interests.

The structure of elementary inter-school athletics in Regina Catholic Schools is subject to season length, availability of volunteer staff and other limited resources. If team numbers are too high, it is difficult to provide adequate playing time, attention to individual development or to arrange transportation to and from games. For these reasons, we will conduct a selection process, using the criteria which have been developed in reference to the National Catholic Education Association's document, *Athletics and the Gospel Mission of the Catholic School* by Rev. Richard McGrath, OSA, Ph. D.

Father McGrath states:

“The very fact that Catholic schools offer athletic programs shows that athletic competition is valued as a way of teaching and training young men and women to cope with life in competitive circumstances. Competition in our society requires values that we all respect. Teamwork, honesty, cooperation, self-sacrifice, dedication, obedience, hard work, goal-setting, respect, self-discipline, and mutual encouragement are expected outcomes for young people who participate in sports. These traits are preparation for adult life. By offering athletic programs, Catholic schools are saying that they want to provide this avenue of expression for their students. Catholic schools cannot be satisfied just to have a program. The program should also excel; it should be competitive.”

At St. Nicholas School, administration and coaches establish criteria for the selection of students to inter-school sports teams.

Eligibility criteria for participating on the team include:

- **Attendance** – students attend all practices and will notify the coach if they will be absent.
- **Sportsmanship** – students demonstrate a positive attitude and act as goodwill ambassadors for the school.
- **“Coachability”** – students are willing to respond to coaching instructions, suggestions, and ideas.
- **Team Spirit** – student behaviour towards all of their teammates is supportive at all times.
- **Safety Considerations** – a student’s skill level/ability is not a safety concern to self or others. *For cross-country a standard to achieve includes the following goals for each age grouping:*
 - *Novice/Midget* 4-1-4 (4 minute run -1 minute recovery - 4 minute run)
 - *Peewee/Junior* 5-1-5 (5 minute run -1 minute recovery - 5 minute run)
 - *Senior* 6-1-6 (6 minute run -1 minute recovery - 6 minute run)
- **Age requirement** – students beginning at age 9 are eligible to participate in respective groups as categorized by year of birth. Grades 4 -8 Inter-School Cross Country Running includes the following age classifications as of December 31st of the start-up school year:

The age classifications as of December 31, 2017:

- Novice Girls/Boys 9 yr old 2008
- Midget Girls/Boys 10 yr old 2007
- Peewee Girls/Boys 11 yr old 2006
- Junior Girls/Boys 12 yr old 2005
- Senior Girls/Boys 13 yr old & over 2004

All players selected to the team will participate in meets having met the above criteria for participation. We look forward to working with you and hope that you support your child to take advantage of the tremendous opportunities that athletics provides.

We anticipate another year of great participation at St. Nicholas. The criteria for participation have been decided upon and discussed with administration to ensure the maximum learning, growth and safety of our students and we look forward to coaching your son/daughter. Should you have any questions please contact Mrs Keith, Ms Thiel, Ms Lissel or Ms Brcic.

Due to the quick start to this season, please ensure forms are returned by Wednesday, September 6 to ensure participation.

Practices will be from 3:20 – 4:00.

Practice dates are: September 6, 11, 12, 18, 19, 25 and 26.

Meet dates are: Sept. 7, 14, 21, 28 at Douglas Park

Students will be bussed to Douglas Park on the day of meets. Students should be picked up no later than 4:30 at the park. If other arrangements need to be made, please let the coaches know. Parents picking children up from Douglas Park must notify the coaches before they are leaving. Carpooling with other families often occurs, but please ensure that Criminal Record checks and driving forms are complete. Thank you in advance!

Please ensure your child has a water bottle and healthy snack for meets and practices.

Approximate times of the starts for each category.

3:30	Midget Boys
3:35	Novice Girls
3:40	Pewee Boys
3:45	Midget Girls
3:50	Novice Boys
3:55	Pewee Girls
4:00	Junior Boys
4:05	Senior Boys and Girls
4:10	Junior Girls

Sincerely,

Cross-Country Coaches:

Marley Brcic Chelsey Lissel Christina Thiel Melanie Keith

**Regina Catholic Elementary Inter-School Sports
Participation Agreement Form Cross Country**

Students are required to return this signed form to be eligible to participate in the inter-school sports program. Your signature indicates that you wish your son /daughter to attend and participate in the selection process with the possibility of becoming involved with this school activity.

Please sign and return this form to the team coach to indicate that you have read the above letter and that you are willing to accept the outlined guidelines.

We have read and understand the guidelines for participation in elementary inter-school sports and agree to comply.

Date: _____ Parent Signature _____

Date: _____ Student Signature _____

