

# **OLS CROSS-COUNTRY 2023**



September 5, 2023

Dear Parents:

Physical fitness is an important component of any Physical Education Program and is in fact a part of the PE curriculum. One of our Physical Education Program objectives at Our Lady of Sorrows School is to help each child develop, maintain, and maximize their own personal level of physical fitness.

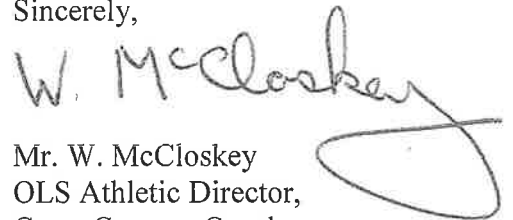
As part of our physical fitness component, all students in Grades 2-7 will be participating in our Cross-Country running program during gym class this term. A portion of their PE classes will be spent on their conditioning and running skills. Students will be bused to local parks for some of their PE classes.

OLS will be taking part in the CISVA Cross-Country Championships, to be held at Swangard Stadium on **October 4<sup>th</sup>**. Furthermore, we will be hosting our annual cross country meet with St. Francis of Assisi, tentatively scheduled for **September 22<sup>nd</sup>**. This meet will help to determine our competitive team for the Championship meet. More information will be sent home when it becomes available.

Please sign the attached consent form acknowledging that you have read and understand the content above, and return to the **classroom** teacher as soon as possible. The consent form gives permission for your child to attend PE classes at local parks and to attend any other cross-country meets/events.

If you have any further questions, please do not hesitate to contact me at the school.

Sincerely,



Mr. W. McCloskey  
OLS Athletic Director,  
Cross Country Coach

## CROSS COUNTRY RUNNING CONSENT FORM

I hereby authorize my son/daughter \_\_\_\_\_  
in Grade \_\_\_\_\_ to join his/her PE class at local parks for cross-country  
running and for any other cross-country meets/ events.

My son/daughter is attending this (outing, excursion, etc.) of his/her  
own free will, and I hereby release Our Lady of Sorrows Parish Education  
Committee, members of its staff and its officials from any liability in  
connection with his/her transportation to and from these local parks and any  
other cross-country running events, and his/her attendance thereat.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date Signed



