

September 13, 2024

Dear parents:

Physical fitness is an important component of any Physical Education Program and 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 2nd. Furthermore, we will be participating in the annual cross country meet at Brentwood Park on Thursday, September 26th. This meet will help us 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. Logan Crozier
OLS Athletic Director
Cross Country Coach