

Twin Lakes Elementary Cross Country Program 2019

Dear TLE Parent/Guardian, TLE is starting our Cross Country running program!

We will have 4 practices at TLE (3:30-4:10), meet in the TLE gym right after school:

September 24 (Tues) September 26 (Th) Oct 1, (Tues) Oct. 8 (Tues)

Timberlake Junior High School will host the district-wide meet on Thursday, October 10th starting at 4:30 pm. Parents are responsible for bringing and supervising their own children at the meet. This is a fun time where fitness and individual improvement are encouraged.

Distances for race: K: 1/4 mile 1-2: 1/2 mile 3-4: 3/4 mile 5-6: 1 mile

Please make sure your child comes with appropriate clothing, shoes for running, and a water bottle. We will run even if it rains or snows! We ask that parents please pick their children up promptly at 4:10 PM. Any questions please call (208) 687-5870. Please turn in permission slip no later than Sept. 24, 2017

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Student's Name _____ Grade _____
Teacher _____

(Student Name) _____ has my permission to participate in the TLE Cross Country Program. I release Lakeland District #272, its agents, employees, and volunteers, from any and all liability, except as to gross negligence, should there be any injury or damage sustained during this activity. I understand that participation in this activity could result in an injury. I have read and understand this student release form and am signing it on my own free will.

My child will (CIRCLE ONE) walk home or be picked up after the practices.

- 1. Walk Home
- 2. Picked up
- 3. Base

Can you volunteer to be a cross country group leader?

Yes _____ (We need helpers to time or run/walk with kids.) No _____

Will bring licorice (red vines) _____

Parent/Guardian Signature Phone Number Date