

2021 QJS-CSS  
XC RUNNING  
INFORMATION  
BOOKLET



\*\*\* PLEASE NOTE THAT, DUE TO THE ONGOING  
PANDEMIC, CHANGES TO THE SEASON (INCLUDING  
COSTS, RACE DATES, etc.) MAY BE REQUIRED. YOUR  
PATIENCE & UNDERSTANDING IS APPRECIATED \*\*\*

### PRACTICE TIMES

- Mondays & Wednesdays 3:30-4:30 p.m. at CSS (meet by the track).
- West Fraser Timber Park on select dates---details to come.
- CSS students can take bus # 18 to QJS
- Please ensure your child has a ride home by 4:30 p.m.
- If a practice is cancelled (i.e. due to poor weather), Mr. Trueman will have PA announcements made A.S.A.P.

### FORMS TO BE SIGNED & RETURNED (see attached)

- 1) Attachment D (out of school learning experience consent form)
  - 2) Attachment E (out of school learning experience medical form)
  - 3) 2021 XC team fundraising letter to local businesses
  - 4) Student-Athlete Contract
  - 5) Zone XC Championships Volunteer Form
  - 6) Volunteer Driver Application Form. Refer to **the QJS website under Athletics** for the online link.
  - 7) Criminal Record Check Form (required for volunteer drivers). Refer to the **QJS website** under *Athletics* for the online link.
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- 8) Attachment A (school trip/program approval form) will be given out in advance of each race.
  - 9) School Absence Permission forms will be given out in advance of the Zone and Provincial Championships (for those who qualify).

### CHEQUES:

#### ***ALL ATHLETES (QJS & CSS):***

- Please make a **\$25.00 cheque** (postdated for November 30, 2021) as a uniform & equipment deposit.
- Please make a **\$70.00 cheque** for general season fees (includes races 1-3 & Zone Championships).
- Cheques should be written to "Quesnel Junior School"

REGULAR SEASON COSTS PER ATHLETE (estimated)

\*\*\*Due to the ever-changing covid circumstances, costs will be re-evaluated later in the season\*\*\*

**Fuel costs:**

A \$10.00 fee must be paid for each athlete that will go towards fuel cost reimbursement for volunteer drivers (including the coach, if applicable). This amount may later be increased depending on the distance travelled to competitions throughout the season.

**Regular season races:**

Sep 25	Cottonwood Island race. Prince George	\$9.00
Oct 2	Otway Ski Centre in Prince George.	\$9.00
Oct 16	NVSA grounds. Vanderhoof	\$9.00
Oct 23	Zone XC Championships West Fraser Timber Park	\$35.00
Equipment/misc.		\$8.00
	• If not used this money will be used to support athletes traveling to the Zone and/or Provincial Championships	
<b>Regular Season Total:</b>		<b>\$70.00</b>

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PROVINCIAL CHAMPIONSHIPS (Jericho Park, Vancouver) \$400.00 approx.

Notes:

- New: Due to Health & Safety guidelines prohibiting overnight field trips there is a likelihood that Quesnel student-athletes will not be permitted to travel for this event. I will provide information about this as we proceed through the season.
- Mr. Wolf (**new** North-Central Zone coordinator) charges \$305/person, \$200/coach for 3 nights hotel, bus, waterpark. These details are yet to be confirmed.
- In addition, Mr. Trueman's meal costs of \$15/meal must be added to this cost.
- The exact cost can not be finalized until I know the number of athletes who qualify and how costs are dispersed.

VOLUNTEER DRIVERS

\*\*\*New: volunteers must wear a mask & ensure all passengers wear a mask when transporting athletes to practices and/or competitions.

- 1) Volunteer Driver Application Form (see attached or refer to the QJS website under *Athletics*)
- 2) Criminal Record Check Form (see attached or refer to the QJS website under *Athletics*)

**North Central Zone High School X-Country**  
**Schedule 2021-22**  
Final copy

25-Sept 11:00am **Cottonwood Island Run in Prince George**  
(Saturday) Contact Chris Budac at 250-563-7124 (school)  
[cbudac@sd57.bc.ca](mailto:cbudac@sd57.bc.ca) 250-562-0333 (home)  
Cost \$ 9.00 for runners

2-Oct 11:00am **Otway Ski Centre In Prince George**  
(Saturday) Contact is Ken Barwise  
Phone = 250-562-6441 [kbarwise@sd57.bc.ca](mailto:kbarwise@sd57.bc.ca)  
Cost \$ 9.00 for per runners

16-Oct 11:00am **NVSA Grounds In Vanderhoof**  
(Saturday) Contact Brian Nemethy at 250-567-5324 (h)  
Ages 4 to adults. Students from K to grade 3 start races at 10:15  
[bnemethy@sd91.bc.ca](mailto:bnemethy@sd91.bc.ca)  
Cost \$ 9.00 for each runner

23-Oct 10:00 am **Zone Championship at West Fraser Timber Park in Quesnel**  
(Saturday) Scott Trueman at Quesnel Jr. Sec 250-747-2103 ext 118  
[scotttrueman@sd28.bc.ca](mailto:scotttrueman@sd28.bc.ca)  
Cost \$??? per runner..... More details to follow in October

\*\*\*\* All runners taking part in Zones will have to run one race before the Zone race in order to take part at the Zone Championship. The Zone Rep will confirm all runners who sign up for Zone Championship.

6-Nov-9:00am **BC High School XC Championships in Vancouver at Jerico Park**  
(Saturday) Eric Wolf 250-782-6611 (h) [ewolf@sd59.bc.ca](mailto:ewolf@sd59.bc.ca)  
We hope to have Provincial bus which holds up to 45 students. I hope all runners will be on the bus to Provincials. Still working the hotel, the bus, and the indoor waterpark for athletes/coaches on the provincial bus.  
Cost for hotel, bus, waterpark is \$????? Cheque made ??????

**X-Country Organizing Members are:**

Advisory Committee member for our Zone ....250-782-6611 .....Eric Wolf  
Schedule setup for PG area ..... 250-567-5324.....Brian Nemethy  
Schedule setup for Dawson Creek area 250-782-6611 .....Eric Wolf  
Provincial Bus Coordinator..... 250-782-6611 .....Eric Wolf  
Hotel accommodations for Provincials 250-782-6611 .....Eric Wolf  
Results Posting on web site..... 250-782-6611 .....Eric Wolf  
Website for local results at:..... <http://ncentralxc.weebly.com/>  
Provincial Web site .....No website at this time .....  
Pictures from local races: ...Contact Chris Budac ... [CBudac@sd57.bc.ca](mailto:CBudac@sd57.bc.ca)  
Media person for local papers/TV ..... (need a person for this spot)

Anyone wishing to add another race for next season please contact the person above.

## RACE LOCATION MAPS & DIRECTIONS

Cottonwood Island, Prince George.

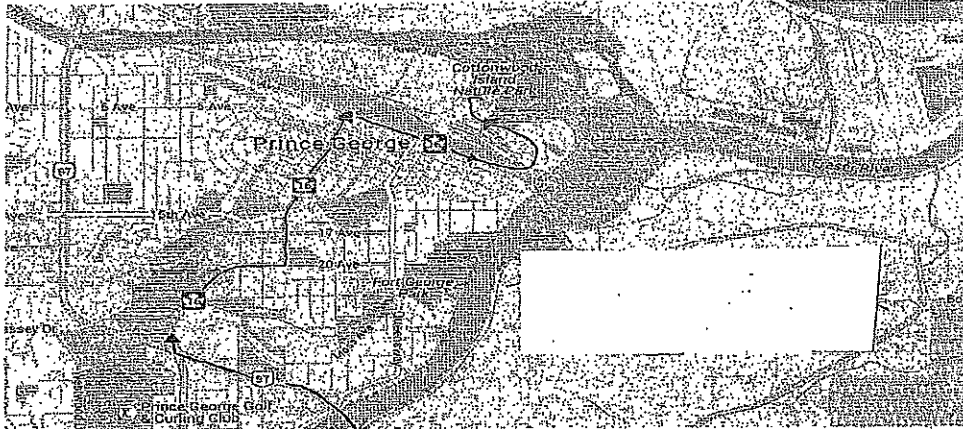
Google Maps

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Cottonwood Island XC

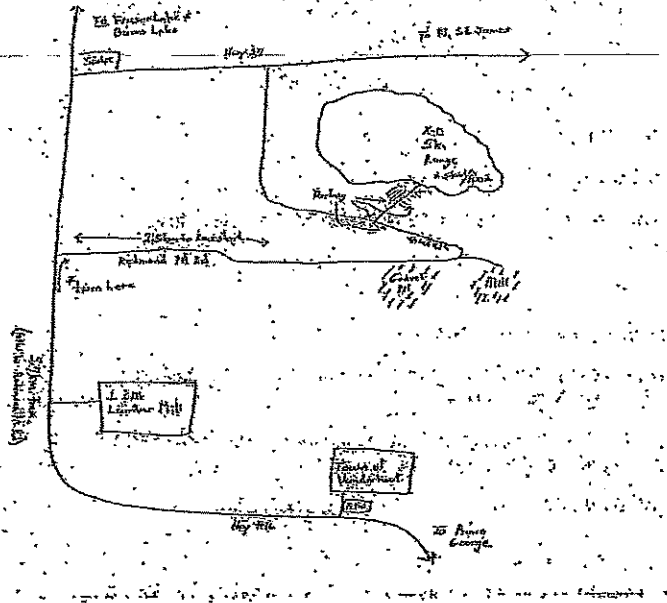
Google

Prince George, BC



- ① Follow Highway 97 north
  - ② After passing the Treasure Cove hotel, turn right
  - ③ Follow Hwy 16 through town until you reach a "T" near the railway tracks
  - ④ Turn right and then watch for signs for River Road / Cottonwood Island before the Fraser River
  - ⑤ Turn left onto River Road
- \* Mr. Trueman's cell = 250 983-5161

# VAN DER HOOF (NVSA) Map to X-C Course



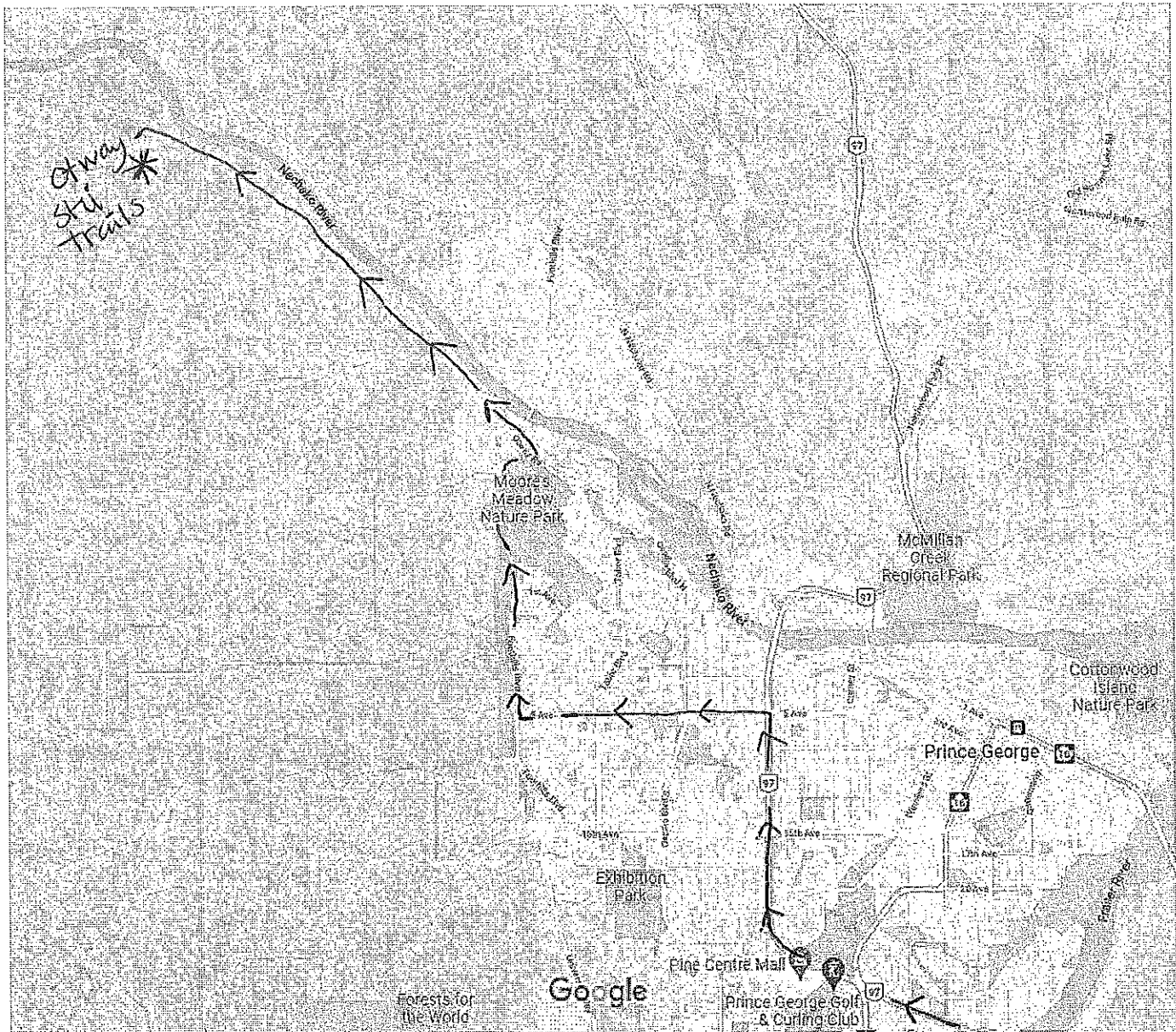
### Directions from Prince George:

Travel west from Prince George on Highway 16. Drive straight through Vanderhoof.

Go past L & M Mill. Turn right at Redmond Pit road. Go to end and turn left onto Quail Rd.

Turn right at NVSA sign and drive to parking lot.

# Google Maps Otway ski trails. Prince George



Map data ©2021 Google 1 km

- ① Follow Hwy 97
- ② Turn left on 5th Avenue
- ③ Right on Foothills Blvd
- ④ Left on Otway road (over the overpass, watch for exit signs on your right before turning)
- ⑤ Go over the train tracks. Continue for a few minutes. Otway trails will be on your left.

### “TEAM”

XC running is often considered an individual sport; however, there is an important “team” element as well. In fact, our chances of qualifying for the Provincial Championships are greater as a team, and the cost to compete is generally lower if we have a full team for boys and girls at each school. If you know of any other athletes who may wish to ‘consider’ running, please encourage them to give XC a try ☺

### UNIFORMS

- 1) Athletes should wear shorts, or tights (for cool races), preferably black or grey, to match school singlets.
- 2) Athletes should wear sweat pants, sweaters, rain jackets and even gloves and a toque, if necessary, to stay warm before and after all races.
- 3) \$25.00 deposit. Please make a postdated cheque payable to Quesnel Junior School for November 30, 2021. Cheques will be returned (or destroyed) following return of each washed uniform in good condition.
- 4) Athletes have the option to purchase a team hoody from Hello Promotions.  
Estimated cost: \$40.00 The more athletes who purchase hoodies, the lower the cost. More information will be provided ASAP.

### SPIKES

XC spikes are unique, lightweight shoes designed to help runners, especially when running on slick, wet ground. On most race courses such shoes are recommended.

I recommend that any athletes planning to compete at the Zone and Provincial Championships try a pair of spikes in at least one race early in the season, as they are a unique fit that most runners are not accustomed to.

Also, bear in mind that using spikes forces runners on their forefeet and can sometimes cause shin pain, especially for developing runners. It is therefore an individual decision whether or not to wear spikes.

If you choose to purchase spikes, such cost is the responsibility of the parent. Should it be possible to loan spikes to runners, I will inform you A.S.A.P.

When purchasing spikes be sure to also purchase the longer spikes (not track spikes) and matching key (for screwing them in). XC spikes are usually 9mm and the shoes themselves have a slight bit of cushioning in the heel, whereas sprinting spikes do not. XC spikes can also be used for Track & Field provided you swap the long and short spikes to fit the season and style of racing.

### Where can I buy them?

- Not available at Reason to Run in Quesnel
- Stride and Glide Sports  
1671 15th Ave, Prince George, BC V2L 3X2  
Hours: 9:30AM-6PM



Phone: (250) 612-4754

- Runner's Sole in Kamloops  
(274-1395 Hillside Drive)  
Aberdeen Village  
(next to Milestones)  
Kamloops, BC V2E 2R7  
(250) 377-4055 or e-mail: [info@runnerssole.com](mailto:info@runnerssole.com)
- Shop online

### **ILLNESS OR INJURY**

- Any athlete with an illness or injury should inform Mr. Trueman and seek advice from a medical professional.

### **CONTACT INFORMATION**

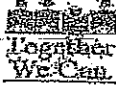
- 1) **Scott Trueman (XC coach & QJS Athletic Director)**  
E-mail: [ScottTrueman@sd28.bc.ca](mailto:ScottTrueman@sd28.bc.ca)  
Phone: 250 747-2103 ext. 118
- 2) **Robert McGregor (CSS Athletic Director)**  
Phone: 250 992-7007  
E-mail: [RobertMcGregor@sd28.bc.ca](mailto:RobertMcGregor@sd28.bc.ca)
- 3) **Eric Wolf (Northcentral Zone XC Coordinator)**  
E-mail: [ewolf@sd59.bc.ca](mailto:ewolf@sd59.bc.ca)
- 4) **Ms. Trish Simpson (Quesnel Junior School Principal)**  
Phone: 250 747-2103  
Cell: 250 255-6057  
E-mail: [TrishSimpson@sd28.bc.ca](mailto:TrishSimpson@sd28.bc.ca)
- 5) **Ms. Marissa Knauf (Correliou Secondary School Principal)**  
Phone: 250 992-7007  
E-mail: [MarissaKnauf@sd28.bc.ca](mailto:MarissaKnauf@sd28.bc.ca)
- 6) **School District No. 28 bus garage**  
Phone: 250 992-8361

# ATTACHMENTS

SCHOOL DISTRICT NO. 28 (QUESNEL)

Policy No. 445 - OUT-OF-SCHOOL LEARNING EXPERIENCES

ATTACHMENT "D"



OUT-OF-SCHOOL LEARNING EXPERIENCE SCHOOL CONSENT FORM

ATTENTION ALL PARENTS:

Quesnel Junior School &

The students of Correlieu Secondary School will be participating in a variety of out-of-school learning experiences over the school year; such as, a trip to a park, hiking, walking, using climbing apparatus, sports trips, eating lunch, etc.)

The school would appreciate your cooperation in your signing a master permission slip at the beginning of each school year.

Notices will continue to be sent home for each activity. Should there be any reason why your child should NOT participate, you can inform the school with a signed note or a telephone call to the school. Your cooperation in this process will be appreciated.

Please sign the attached form and send it back to the school as soon as possible.

Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child.

The school district does not provide any accidental death, disability, dismemberment or medical expenses insurance on behalf of students.

OUT-OF-SCHOOL LEARNING EXPERIENCE CONSENT

For \_\_\_\_\_

Out-of-school learning experience and inter-school events outside of the school are important to a child's education. If you would like your child to participate, please sign below. Notices are sent home and permission can be withdrawn at any time.

I understand that my child may be exposed to certain risks while participating in this activity. Accidents and injuries may occur.

Signature of Parent/Guardian

Date

Printed name of Parent/Guardian

Address of Parent/Guardian

Adopted: December 2003
Amended: February 2005

ATTACHMENT "E"

OUT-OF-SCHOOL LEARNING EXPERIENCE MEDICAL FORM

To be completed by Parent or Guardian

Out-of-school learning experiences to: XC running races Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

MEDICAL INFORMATION

Name Of Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Plan No.: \_\_\_\_\_ Dependant No.: \_\_\_\_\_

Date of most recent immunization against tetanus, if known: \_\_\_\_\_

Known sensitization (allergies) if any: \_\_\_\_\_

Chronic disability or illness (past or present): \_\_\_\_\_

Does the student have any health issues we should be aware of? \_\_\_\_\_

Please describe: \_\_\_\_\_

DIETARY RESTRICTIONS:

Describe: \_\_\_\_\_

MEDICATIONS:

I would like my child to be given the following medications:

Name of medicine: \_\_\_\_\_ What is it to be used for: \_\_\_\_\_

How is it to be given: \_\_\_\_\_

Quantity to be given: \_\_\_\_\_ Times to be given: \_\_\_\_\_

Medicine should be clearly labeled with the child's name, name of medication, what it is to be used for, quantity to be given and time to be given. In case of emergency, I hereby give permission to the physician named above, or, in his or her absence, to any other physician, to provide treatment for my child.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Parent's/Guardian's Home Phone \_\_\_\_\_ Business Phone (if applicable) \_\_\_\_\_

Emergency number and/or contacts: \_\_\_\_\_

Adopted: December 2003  
Amended: February 2005



QJS & CSS  
2021 XC team fundraising

Sep 13, 2021

Dear local business, \_\_\_\_\_

I am an athlete on the Quesnel Junior School-Correlieu Secondary School XC running team (we train as one team) seeking your financial sponsorship for our upcoming season.

Each year, our team competes in a very busy season of regional races and the Provincial XC Championships, which are being held in Vancouver this year. Despite what many might think there are a variety of costs associated with participation in our school sport. Transportation, accommodation, uniforms, entry fees, and equipment expenses all add up to an expensive season of at least \$400/athlete, even after donations are received from our local PAC.

I am asking if your business would be willing to donate to our team. We will do our best to show our gratitude by acknowledging your contribution whenever, and wherever, possible, including at the Zone Championships being held in Quesnel, and on our school website.

Please make cheques payable to *Quesnel Junior School XC team* (donations will be equally shared with CSS team). Receipts will be issued from the QJS office. If you have any questions you are welcome to contact our coach, Mr. Scott Trueman, at 250 983-5161 or [ScottTrueman@sd28.bc.ca](mailto:ScottTrueman@sd28.bc.ca).

Name of business: \_\_\_\_\_

Name of manager: \_\_\_\_\_

Contact information

> Phone: \_\_\_\_\_

> E-mail: \_\_\_\_\_

Amount of donation: \$ \_\_\_\_\_

Sincerely,

*Scott Trueman*

\_\_\_\_\_  
Scott Trueman  
QJS & CSS XC Coach

**QJS AND CSS XC RUNNING**  
**STUDENT-ATHLETE CONTRACT**

**SCHOOL (please circle)**

Quesnel Junior School

Correliou Secondary School

**ATHLETE CONTRACT**

I, \_\_\_\_\_ recognize that there are high expectations for my conduct as a student, and as an athlete, at my school. I promise to demonstrate good sportsmanship and agree to follow all school rules & policies throughout the season, including at practices, races, and while on field trips. I understand that, if at any time, I do not live up to the terms of this contract my participation may be restricted or terminated and there will be consequences for my actions. I also understand my parent/guardian(s) will be held responsible for payment of any damaged property resulting from my actions.

Student Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_, 2021

# **ZONE XC CHAMPIONSHIPS**

## **RACE VOLUNTEER FORM**

The Quesnel Invitational XC race will be held on Saturday, October 23rd at West Fraser Timber Park.

Hosting this race is a big commitment, and I am looking for ~60 volunteers to help with a variety of jobs. If you are able to help please write your name, contact information, and preferred job (indicate with a check mark).

<b>Name</b>	
<b>Phone (home)</b>	
<b>Phone (cell)</b>	
<b>E-mail</b>	
<b>Pre-race trail preparation &amp; flagging (Friday, Oct 11<sup>th</sup> afternoon/evening)</b>	
<b>Pre-race sweeper (arrives before 8 a.m. and ensures the race trail is safe to use)</b>	
<b>Pop-up tent set up &amp; take down (to be used by First Aid volunteers). (4 persons, after which they can be 'general' volunteers)</b>	
<b>Fee collection (2 persons)</b>	
<b>Registration (2 persons)</b>	
<b>Trail marking check. These persons must arrive no later than 8:30 a.m. (3 persons)</b>	
<b>Start/Finish line set up (2)</b>	
<b>Race Marshalls (10)</b>	
<b>Timers (6)</b>	
<b>Results (3)</b>	
<b>Clean up (3)</b>	
<b>Food &amp; beverages. (6 persons)</b>	
<b>Designated Emergency Driver (1)</b>	
<b>Awards (3)</b>	
<b>Typing results (1)</b>	
<b>Photographer (1)</b>	
<b>First Aid (2)</b>	
<b>Phoning for volunteers (1)</b>	



QUESNEL SCHOOL DISTRICT  
 ATTACHMENT 'A' – POLICY 810 –VOLUNTEER DRIVER APPLICATION

**VOLUNTEER DRIVER APPLICATION FORM**

SCHOOL: \_\_\_\_\_  
 DRIVER'S NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_

**VOLUNTEER DRIVER'S VEHICLES:**

<u>Vehicle Information</u>	<u>Vehicle 1</u>	<u>Vehicle 2</u>
▪ Make / Style	_____	_____
▪ Colour	_____	_____
▪ Year / Licence	_____	_____
▪ Passenger Capacity (Students)	_____	_____

**VOLUNTEER DRIVERS – PLEASE READ:**

In agreeing to transport students, I am aware of the School District regulations below:

- Cars volunteered for student transportation must be insured with minimum third party liability insurance of \$1 million dollars and must be properly equipped with seat belts. Each student must have a seat belt properly secured when traveling.
- The insurance carried on this vehicle is correct for the usual/regular use of the vehicle (i.e. pleasure only; to and from work; business; etc.)
- The School District has excess third party liability coverage for volunteer drivers, so drivers do not need special insurance coverage to transport students.
- The School District does not accept responsibility for any damage to the vehicle in the event of an accident.
- The volunteer driver should ensure that, to the best of his/her knowledge, the motor vehicle used for student transportation is in good mechanical condition and will only be driven by the volunteer driver.
- Volunteer drivers must be at least 21 years of age and in good health. The driver should be accident free for at least three (3) years. They cannot be secondary school students. **Drivers must provide a copy of their current driver's abstract to the School Principal with this completed form.**  
*\*Driver's abstracts are available free of charge at the Provincial Government Buildings located at 350 Barlow Avenue.*  
 The vehicle must be equipped with tires and/or chains for winter conditions.
- For safety and health reasons, volunteer drivers are asked not to allow smoking in their vehicles while transporting students.
- The driver agrees not to imbibe any alcoholic beverages or use any restricted substances while driving which might impair his/her judgment and invalidate insurance.

Adopted: May 1989  
 Amended: September 2008, February 2017  
 Reviewed: November 2013

**Additional information required for volunteering:**

- \_\_\_ Driver's Abstract-<https://onlinebusiness.icbc.com/clo/>
- \_\_\_ Copy of Vehicle Insurance
- \_\_\_ Criminal Record Check