

September 14, 2022

Dear QJS & CSS parents,

If your child is interested in XC running this season, please read this important information. **It has been updated to reflect the newly announced BC holiday on Sep 19th.**

- **The 1st QJS-CSS XC practice will be Thursday, Sep 15th at CSS from 3:30-4:30 p.m. QJS students can take bus # 16 or 18 to CSS.**
- The week of September 19-23rd we will practice Tuesday, Sep 20th & Wednesday, Sep 21st at CSS from 3:30-4:30 p.m.
- Thereafter, practices each week will be Mondays & Wednesdays at CSS from 3:30-4:30 p.m.
- Our first race is Saturday, Sep 24th at Cottonwood Island in Prince George.
- Athletes should come to practice with appropriate footwear, athletic clothing, a water bottle, and any medical items (e.g. inhalers) that they may need.

The following forms, available on the QJS website under Coach's Corner, should be filled out and given to Mr.Scott Trueman at practice:

1. Out of School Learning Experiences (Attachment D)
2. Out of School Learning Experiences Medical Form (Attachment E)
3. Consent for Release of Student Information

These forms, and other information about the season, can be found in the XC handbook on the QJS website under Athletics.

Any parents who are willing to volunteer, please go to the QJS website, click on the Athletics top tab, and then 2022-2023 QJS Athletics. You will find a June 9th letter to QJS parents (also applicable for CSS parents) that outlines how volunteers can help with our season. Volunteer info. and forms can also be found on the QJS website under *In the Parents' Corner*---Parent Volunteers.

If you have questions, please email ScottTrueman@sd28.bc.ca

Thank you,

Scott Trueman