

**Eden Albert Zone Cross Country for 8, 9,10 and 11yr olds (Year 4 - 6)
Tuesday 20 June at Fowlds Park**

Dear Parents / Caregivers

Congratulations! Your child has been selected to represent Kohia Terrace School in the Eden Albert Cross Country Zone Competition to be held on Tuesday, 20th June at Fowlds Park in Mt Albert.

The students will be transported by bus and leave school at 8.30am. They will return by 1.30pm.

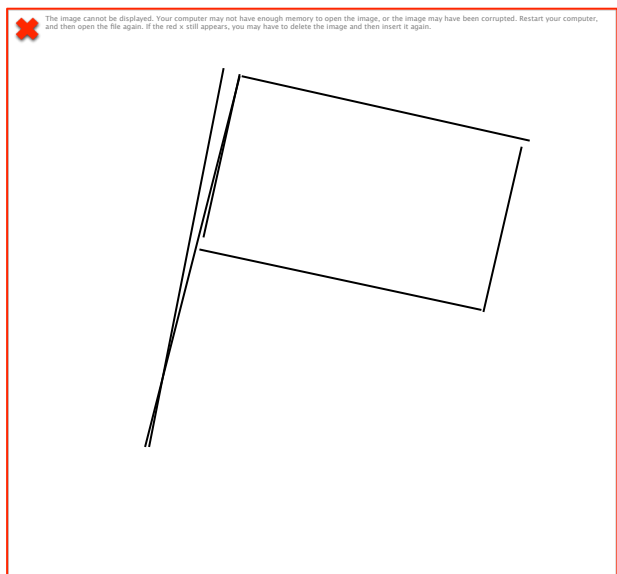
They will need to bring with them:

Lunch/snacks, water bottle (no sports drinks), sunhat, sports shorts and suitable footwear. A sports shirt will be issued at school on the morning of the event.

Cross Country training will take place at school with Jayne Settle, Penny Low and Jayme McKenzie.

The training will be on Tuesday and Thursday mornings, starting on Tuesday 3rd May (see below for dates). Please be at school by 7.40am for the run to start at 8am. It will be a 2.5km course.

The track is around Melville park and then down and up St Andrews road, they will do this 2 times it is approx 2.5k. If students are unable to attend we encourage them to practice at home. We will need parents to help supervise this. Please tick the boxes below if you are able to help on any of the dates. If you do not want to run with the runners that is fine - **we need parents to be stationed down St Andrews road watching the driveways.**



7:40 Meet at School outside Room 9

7:45 Walk to Melville Park

	Tuesday Jayne and Jayme	Thursday Jayne and Penny
Week 2	9th May	11th May
Week 3	16th May	18th May
Week 4	No training Zone football	25th May
Week 5	30th May	1st June
Week 6	6th June	8th June
Week 7	13th June	15th June

Zone Cross Country Day:

As this is a big event to organise, the school in charge has requested that each school provide two parents to help supervise on the course for the morning. This will involve making sure children run in the right direction and keep people off the course. Please indicate below if you are able to help. Please complete and sign the form below and return to the sports permission box in the office as soon as possible.

Thank you.

Jayne Settle
PE & Sports Co-ordinator
jayne@kts.school.nz

I give permission for my childin Room
to attend the Eden Albert Zone Cross Country Competition on Tuesday 20th June at Fowlds Park,
Mt Albert.

I am available to help with **marshalling at the event** on Tuesday 20 June 9:00 - 12:30.

Name: _____ Email: _____

Please tick the following days you can help:

I am available to help with training on the following dates at **7.45am**:

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Tues 9 May | <input type="checkbox"/> Thurs 11 May |
| <input type="checkbox"/> Tues 16 May | <input type="checkbox"/> Thurs 18 May |
| | <input type="checkbox"/> Thurs 25 May |
| <input type="checkbox"/> Tues 30 May | <input type="checkbox"/> Thurs 1 June |
| <input type="checkbox"/> Tues 6 June | <input type="checkbox"/> Thurs 8 June |
| <input type="checkbox"/> Tues 13 June | <input type="checkbox"/> Thurs 15 June |

If we don't get enough help we will run laps at school.

Parent NameSignature

Mobile No

Email Address