

NDSS TRACK & FIELD 2015

Dear Parents,

Your son/daughter has expressed an interest in participating with the NDSS Track and Field Team.

At this point there won't be scheduled NDSS track practices, as there is currently no dedicated coach. Kim and Randy Longmuir, of Oceanside Track and Field Club, have generously offered to help with workout/training plans that students can do on their own, and to provide coaching during all school meets.

Athletes must qualify at the North Island Championship Meet to be selected for the Island Championship Meet in Victoria, and only the Island Championship qualifiers can be selected for the BC High School Provincial Meet, in Langley.

Dates for the track meets are as follows:

Tuesday, April 28th North Island Championships; Port Alberni (MUST attend to qualify for Islands)

Wednesday/Thursday: May 13th/14th Island Championships; Victoria

Thursday/Friday/Saturday: June 4-6th BC High School Provincials; Langley

Our only form of transportation will be parent drivers. If you are able to drive for any of these meets, please complete the Volunteer Driver Application in addition to the registration/permission forms.

The NDSS Athletic fee for Track & Field is \$40.00. Please have your son/daughter return the signed forms, along with payment, to the office on or before Monday, April 20th.

There will be additional costs for Island and Provincial Championship meets, to cover travel and accommodation expenses for overnight stays. Details for each meet will be sent out in future correspondence.

We are looking forward to a rewarding season! Please don't hesitate to contact us with any questions or concerns.

Sherri Clare

(Team manager)

mslclare@shaw.ca or 250-668-4589

Kim and Randy Longmuir

(Coaches)

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