



## LIMESTONE DISTRICT SCHOOL BOARD

Postal Bag 610, 220 Portsmouth Avenue, Kingston, ON, K7L 4X4  
T: 613-544-6920 | Toll Free: 1-800-267-0935 | TTY: 613-548-0279 | F: 613-544-6804  
[www.limestone.on.ca](http://www.limestone.on.ca)  
Twitter @LimestoneDSB

# Track & Field

## KASSAA Coaches Present...Elementary Spring T&F Training!!!

WHO	Elementary Athletes (grades 5-8), Elementary Coaches
WHAT	Track and Field Training!
WHERE	CaraCo Field (INVISTA Centre)
WHEN	Monday's and Wednesday's from 4:45pm to 5:45pm April 25 <sup>th</sup> – May 25 <sup>th</sup> (No practice May 11 <sup>th</sup> due to KASSAA or May 23 <sup>rd</sup> due to Victoria Day)
WHY	To provide elementary athletes and coaches the opportunity to explore various track and field events with KASSAA coaches and athletes.
HOW	Register April 25 <sup>th</sup> at CaraCo Field beginning at 4:15pm (parents must be present to complete registration)
COST	\$25.00 (total 8 practices)

WHAT WILL WE COVER: Proper Warm-Up, Running Technique, Horizontal Jumps (LJ, TJ), High Jump, Sprints, Distance, Shot Put

We will do weekly rotations for athletes that want to try-out a variety of events.

**ATHLETES, come train with us!!!**

**COACHES, come join us!!!**

David Jackson – Chair | Brenda Hunter – Director of Education and Secretary | Paul Babin – Treasurer

*Our Students, Our Future*



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## KASSAA ELEMENTARY SPRING T&F TRAINING 2016

Dear Parents/Guardians;

As part of a new track and field initiative brought to you by coaches and athletes within KASSAA (Kingston Area Secondary School Athletic Association) we will be offering 5 weeks of elementary spring training clinics. Athletes and coaches alike, in the LDSB, ALCDSB and CECCE, are invited to come and participate in these training clinics where we will look at proper warm-up, running technique, sprinting, middle distance, long distance, long jump, triple jump, high jump and shot put.

We would invite you to bring your son/daughter if they are interested in continuing their development in track and field. The cost of the 5-week session is \$25. Upon request, fee can be waived. You can pick-up a permission form from your elementary school track and field team coach or at any of the practice sessions.

Training sessions will run from 4:45pm – 5:45pm on Monday’s and Wednesday’s, starting April 25<sup>th</sup> and ending May 25<sup>th</sup>, at CaraCo Home Field, just behind the INVISTA Centre. There will be no practice on Wednesday, May 11<sup>th</sup> due to the KASSAA Track and Field Championships and no practice on Monday, May 23<sup>rd</sup> due to Victoria Day.

If you need additional information please contact Darcelle McCutcheon at (613) 532-3436 or [mccutcheondarcelle@limestone.on.ca](mailto:mccutcheondarcelle@limestone.on.ca). We hope you are able to join us!

Sincerely, KASSAA Track and Field Coaches

I, \_\_\_\_\_, give my child \_\_\_\_\_  
(Parent/Guardian Name) (Athlete’s Name)

permission to participate in KASSAA Elementary Spring Track and Field Training during the 2015/2016 school year.

I do / do not (circle) give permission for my son or daughter’s picture and name to be used for promotional purposes by way of newspaper or school web site.

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

David Jackson – Chair | Brenda Hunter – Director of Education and Secretary | Paul Babin – Treasurer

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Please return this form with a cheque payable to "KCVI" for the fee of \$25 along with other relevant forms.

# KASSAA ELEMENTARY SPRING T&F TRAINING 2016

Limestone District School Board

## STUDENT ACCIDENT INSURANCE COVERAGE VERIFICATION

I/We understand that the Limestone District School Board has adopted a new practice whereby all parents whose children participate in school sponsored athletics are required to provide proof of student accident insurance coverage for their children. Given the inherent risks associated with athletics and in the interests of parents and children, the Board has adopted such a practice.

**I understand that the Board is not requiring parents to purchase the Board's sponsored student accident insurance plan.** The Board has arranged for a very reasonably priced insurance plan to be made available to parents through the Reliable Life Insurance Company. The Basic Insurance Plan costs only **\$6.00 per year** and would cover my child 24 hours per day on official school days and when participating in school sponsored sports on weekends. I understand that the Board receives no compensation whatsoever from the Reliable Life Insurance Company for providing this service to parents. Alternatively, I understand that I may obtain student accident insurance coverage from any insurance carrier of my choice.

Check one of the following:

- I/We wish to confirm that we have purchased the Board sponsored student accident insurance plan through the Reliable Life Insurance Company and we have attached suitable proof thereof.
- I/We wish to confirm that we have NOT purchased the Board sponsored student accident insurance plan. Alternatively, we have obtained student accident insurance through another insurance carrier. I/We further confirm that we have verified with our insurance carrier that our child is fully covered for all present and future dental work required as a result of any accident occurring during school sponsored sporting events.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_

\_\_\_\_\_  
(Signature of Parent/Guardian)

**School Endorsement:** Please have a teacher or principal from your elementary school sign below to confirm that they support the school event – KASSAA Elementary Spring Track and Field Training.

\_\_\_\_\_  
(Printed Name of Teacher/Principal)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Teacher/Principal)

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# KASSAA ELEMENTARY SPRING T&F TRAINING 2016

Last Name		First Name	
Address			
City		Postal Code	
DOB (D/M/Y)		Sex	F      M
Guardian Name 1		Cell Phone 1	
Guardian Name 2		Cell Phone 2	
Guardian Email			

Health Card #			
Allergies			
Medical Conditions			
Medical Concerns			
Family Doctor		Phone #	

Contact Name			
Relationship		Phone #	

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