



École Intermédiaire
Shuswap Middle School
171 30th Street SE
Salmon Arm, BC, V1E 1J5 (P) 250-832-6031 (F) 250-832-7114 e-mail: sms@sd83.bc.ca

To parents of students participating in the Grade 6/7 X-country Running Program;

Welcome to our Spring Running season! All this information may be found at the following website

Expectations

Attendance at practices is an integral part to developing positive and safe running habits and improving endurance and running performances to help students achieve their personal best. It is expected that players attend all practices as part of their commitment to the team and themselves. It is expected that the coach will receive ample notice (at least one day) if a player is unable to attend a practice.

Coaching Staff

My name is Derek Gecse, I am a teacher at SMS and I am involved as the coordinator and a coach for the x-country program at SMS. We also have Mrs. S. Whitehead, Mrs. C. Reid, Mrs. S. Hiebert, and Mr. A. Henderson who will also be coaching with our x-country running program this spring.

FEES/ Gear

There will be a x-country running team fee of \$5. This is cover administration costs for the x-country meet and wind-up for the team. This is to be given to Mr. Gecse for recording and tracking. NOT THE OFFICE.

Your child should have proper running clothing and footwear for long distance running. Winter boots, flip flops, and jeans are examples of unacceptable wear for running. Good fitting running shoes, shorts or some sort of athletic pant (fitness, track, yoga, etc) are acceptable.

TO RETURN

- Permission Form (Tuesday April 26th)
- \$5 to Mr. Gecse (Tuesday April 26th)

Please contact me should you have any questions. Thank you for your time. All this information is found at the following website:

<https://dgecse.weebly.com/cross-country-running.html>

Mr. Derek. Gecse
SMS Middle Teacher/ X Country Coach & Coordinator
(250) 832 – 6031 Ext 223 e-mail: dgecse@sd83.bc.ca



Schedule (SEASON ends May 13th -Final Run & Wind-Up)

- Individual/Personal Runs
Students will be expected to complete between a 1km to 5km run once per week and record it in our SMS x-country team log.
<https://forms.gle/94kVPi6p4PcGEwXc7>
- Team Runs
Fridays from 2:45 – 3:45 / Tuesdays 2:45 – 3:45
- SD 83 Little Mtn. Stomp X-country Event: Tuesday May 3rd

Grade 7s

- Leave SMS at 10:30: Check out with a xcountry teacher coach.
- Walk over & warm-up at Little Mtn 10:30– 10:45
- Run @ 11:00am
- Return to SMS at 11:30 for Period 4,5,6
- (Award winners will return around 1pm with a coach for presentations)
- See the LINK for the Little Mountain Trail Running map for Gr.7 Race
https://dgcse.weebly.com/uploads/1/3/8/5/13850029/little-mountain-maps-x-country_5.pdf

Grade 6s

- Leave SMS at 11:35am: Check out with xcountry teacher/coach
- Walk Over & Warm-up at Little Mtn 11:30 – 11:45am
- Run @ approx. 12:15pm
- Return to SMS at 12:30 pm for Period 5,6
- (Award winners will stay behind for ceremonies at 1:00pm)
- See the Link for the Little Mountain Trail Running map for Gr.6 Race
https://dgcse.weebly.com/uploads/1/3/8/5/13850029/little-mountain-maps-x-country_4.pdf

*PARENTS PLEASE USE THE FOLLOWING LINK TO SEE MORE INFORMATION regarding the Little Mtn Stomp x-country running event:
<http://dgcse.weebly.com/uploads/1/3/8/5/13850029/little-mountain-stomp-information-letter-2022.pdf>



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