

2023 QJS-CSS
XC RUNNING
INFORMATION
BOOKLET



PRACTICE TIMES

- **Mondays & Thursdays 3:30-4:30 p.m. at Correlieu (meet by the track) beginning Monday, September 11th.**
- West Fraser Timber Park on select dates---details to come.
- QJS students can take bus # 57 to CSS after school
- Please ensure your child has a ride home by 4:30 p.m.
- If a practice is cancelled (i.e. due to poor weather), Mr.Trueman will have PA announcements made A.S.A.P.

FORMS TO BE SIGNED & RETURNED (see attached)

- 1) **Attachment D** (out of school learning experience consent form)
- 2) **Attachment E** (out of school learning experience medical form)
- 3) 2023 XC team **fundraising letter** to local businesses
- 4) **Student-Athlete Contract**
- 5) Quesnel Invitational XC Race **Volunteer form**
- 6) Photo Consent Form

*These two will be completed later in the season:

- 7) **Attachment A** (school trip/program approval form) will be given out in advance of each race.
- 8) **School Absence Permission** forms will be given out in advance of the Zone and Provincial Championships (for those who qualify).

VOLUNTEER DRIVER INFORMATION

- 9) Refer to the following website <http://www.qjs.sd28.bc.ca/parent-volunteers.html> for the links to the required forms, etc. One key requirement is a Criminal Record Check. When complete, send your interim code to ScottTrueman@sd28.bc.ca Do **not** complete your application at the RCMP detachment. The Volunteer Driver Application form is also included in the Attachments section at the end of this booklet.

Below is some information pasted from the *In the Parents Corners* section of our website.

Many of our activities (especially team sports) are dependent on volunteer drivers. To be a volunteer driver, you need to have a completed Criminal Record Check (see above). Volunteer Driver information needs to be completed on a yearly basis. To complete this step, the school requires the following:

- 1) A completed **Criminal Record Check** on file with the school district (this application is good for 5 years).
- 2) A completed **Drivers Abstract** - This is a printout of your current driving record. This can be obtained free of charge from the government building.
- 3) A completed **Volunteer Driver Application** form.
- 4) A copy of the **valid insurance** you have on the vehicle you would be driving for volunteering. What is required for minimum insurance coverage is listed on the Volunteer Driver Application Form.

CHEQUES:

ALL ATHLETES (QJS & CSS):

- Please make a **\$60.00 cheque** (postdated for November 30, 2023) as a uniform **and equipment** (including spike shoes) deposit
- Please make a separate **\$60.00 cheque** for general season fees (includes races 1-3). Cheques should be written to “Quesnel Junior School” (CSS parents also make cheques to QJS)
- If you have any concerns regarding payment as stipulated above please contact one of the coaches for further discussion.

REGULAR SEASON COSTS PER ATHLETE (estimated)

Fuel costs:

A **\$15.00 fee** must be paid for each athlete that will go towards fuel cost reimbursement for volunteer drivers (including the coaches, if applicable). This amount *may later be increased* depending on the distance travelled to competitions throughout the season.

Regular season races:

Sep 23	NVSA in Vanderhoof	\$15.00
Sep 30	Otway XC ski trails in Prince George	\$15.00
Oct 14	Quesnel Invitational XC race.WFT Park.	\$15.00
	Fuel costs (see above)	\$15.00
	Regular Season Total:	\$60.00

(please pay by cheque to Quesnel Junior School by Monday, Sep 18th).

Zone Championships: (Estimated costs---payment will be collected later in the season for the athletes who intend to compete at this event)

Oct 21	NVSA in Vanderhoof.	\$90.00
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*This cost includes the zone entry fee **and** hotel accommodation/athlete but does not include the cost of meals.

PROVINCIAL CHAMPIONSHIPS (Surrey)

\$400.00 approx.

Notes:

- We are anticipating a change in practice this year for accommodation and transportation. Details to come.
- In addition, meal costs of \$20/meal must be added to this cost for Mr.Trueman and Mrs.Christieson.
- The exact cost cannot be finalized until I know the number of athletes who qualify and how costs are dispersed. Costs for Quesnel athletes may differ from those traveling from other communities in our zone.

North Central Zone High School X-Country

Schedule 2023-24 Final Copy

- 23-Sept 11:00am NVSA Grounds in Vanderhoof**
(Saturday) Contact Brian Nemethy 250-567-5324
bnemethy@sd91.bc.ca
Cost \$ 15.00 for each student
- 30-Sept 11:00am Otway Ski Centre In Prince George**
(Saturday) Contact is Ken Barwise
Phone = 250-562-6441 kbarwise@sd57.bc.ca
Cost \$ 15.00 for each student
- 14-Oct 11:00am West Fraser Timber Park in Quesnel**
(Saturday) Scott Trueman at Quesnel Jr. Sec
250-747-2103 Grades 3-12
scotttrueman@sd28.bc.ca
Cost \$ 15.00 for each runner
- 21-Oct 9:30 am Zone Championship at NVSA in Vanderhoof**
(Saturday) Brian Nemethy at 250-567-5324 (home)
bnemethy@sd91.bc.ca
Cost \$45 per student More details to follow in

October

**** All runners taking part in the Zone Championship race, will have to run one local race in order to take part in the Zone Championship race. Race director, Mr. Nemethy, will confirm this with local results from previous local races during the fall of 2023.

- 4-Nov- 9:00am BC High School XC Championships in Surrey**
(Saturday) Eric Wolf 250-782-6611 (h) ewolf@sd59.bc.ca

X-Country Organizing Members are:

Advisory Committee member (Zone Rep) for our Zone250-782-6611Eric Wolf
Schedule setup for PG area 250-567-5324.....Brian Nemethy
Schedule setup for Dawson Creek area 250-782-6611Eric Wolf
Provincial Bus Coordinator..... ?
Hotel accommodations for Provincials.....?
Results Posting on web site.....250-782-6611Eric Wolf
Website for local results at:..... <http://ncentralxc.weebly.com/>
Provincial Web site<https://www.bcschoolsports.ca/commissions/cross-country>

RACE LOCATION MAPS & DIRECTIONS

Cottonwood Island, Prince George

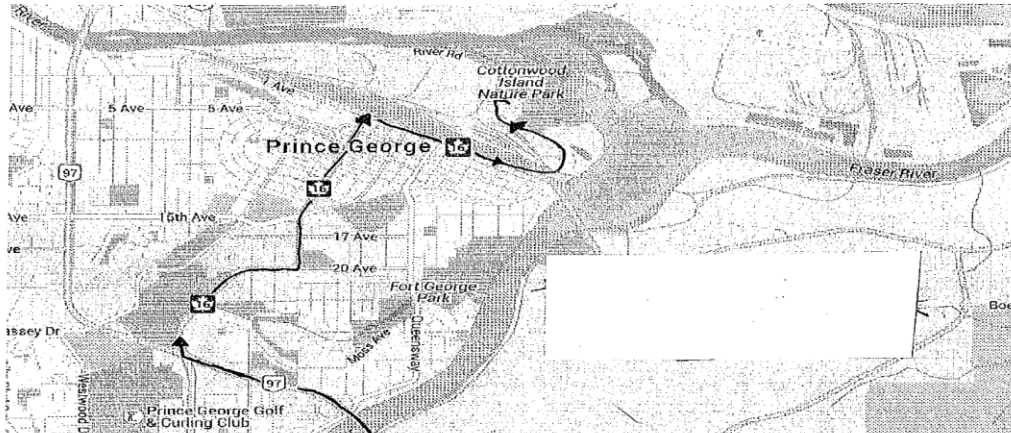
Google Maps

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Cottonwood Island XC

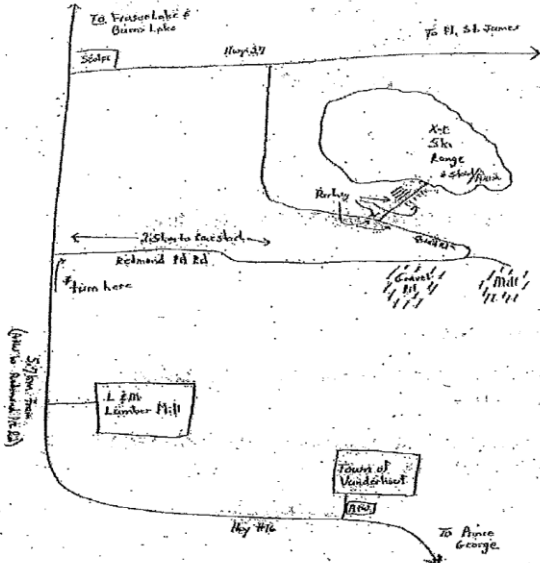
Google

Prince George, BC



- ① Follow Highway 97 north
 - ② After passing the Treasure Cave hotel, turn right
 - ③ Follow Hwy 16 through town until you reach a "T" near the railway tracks
 - ④ Turn right and then watch for signs for River Road / Cottonwood Island before the Fraser River
 - ⑤ Turn left onto River Road
- * Mr. Trueman's cell: 250 983-5161

VAN DERHOOF (NVSA) Map to X-C Course



Directions from Prince George:

Travel west from Prince George on Highway 16. Drive straight through Vanderhoof.

Go past L & M Mill. Turn right at Redmond Pit road. Go to end and turn left onto Quail Rd.

Turn right at NVSA sign and drive to parking lot.

Otway Ski Trails are located at Caledonia Nordic Ski Trails
8141 Otway Road, Prince George

“TEAM”

XC running is often considered an individual sport; however, there is an important “team” element as well. In fact, our chances of qualifying for the Provincial Championships are greater as a team, and the cost to compete is generally lower if we have a full team for boys and girls at each school. If you know of any other athletes who may wish to ‘consider’ running, please encourage them to give XC a try ☺

UNIFORMS

- 1) Athletes should wear shorts, or tights (for cool races), preferably black or grey, to match school singlets.
- 2) Athletes should wear sweatpants, sweaters, rain jackets and even gloves and a toque, if necessary, to stay warm before and after all races.
- 3) \$60.00 deposit. Please make a postdated cheque payable to Quesnel Junior School for November 30, 2023. Cheques will be returned (or destroyed) following return of each washed uniform in good condition.
- 4) Athletes have the option to purchase a team hoody from Hello Promotions.
Estimated cost: \$45.00 The more athletes who purchase hoodies, the lower the cost. More information will be provided ASAP.

QJS RIVER HAWKS UNIFORM WASHING INSTRUCTIONS:

Coaches will wash the uniforms after the third race.

If you choose to wash your own uniform, please follow the specific instructions below as they have care instructions from Sport Factor:

- Machine wash at 30 C/86F
- Dry flat, do **not** tumble dry
- Do **not** use fabric conditioner
- Do **not** bleach, iron or dry clean
- Do **not** wash with velcro

***If you do not follow these instructions and your uniform is damaged, you will forfeit your uniform deposit.**

SPIKES

XC spikes are unique, lightweight shoes designed to help runners, especially when running on slick, wet ground. On most race courses such shoes are recommended.

I recommend that any athletes planning to compete at the Zone and Provincial Championships try a pair of spikes in at least one race early in the season, as they are a unique fit that most runners are not accustomed to.

Also, bear in mind that using spikes forces runners on their forefeet and can sometimes cause shin pain, especially for developing runners. It is therefore an individual decision whether or not to wear spikes.

We have a collection of school spikes that your child can borrow if you have paid for their uniform & equipment deposit of \$60.00.

If you choose to purchase your child their own spike shoes, be sure to also purchase the longer metal spikes (not track spikes) and matching key (for screwing them in). XC spikes are usually 9mm and the shoes themselves have a slight bit of cushioning in the heel, whereas sprinting spikes do not. XC spikes can also be used for Track & Field provided you swap the long and short spikes to fit the season and style of racing.

Where can I buy them?

- Reason 2 Run (usually you need to pre-order well in advance of the season)
428 Reid Street, Quesnel, BC V2J 2M6
(250) 992-2786
- Stride and Glide
Sportshttps://www.google.ca/search?espv=2&biw=1280&bih=899&site=webhp&q=stride+&+glide+sports+address&stick=H4sIAAAAAAAAAAOPgE-LWT9c3LCmyzDMqL9aSzU620s_JT04syczPgzOsEINSilKLiWHPUkodLgAAA&sa=X&ved=0ahUKEwivzZGty4DPAhVH5WMKHSkECXEQ6BMleTAR
1671 15th Ave, Prince George, BC V2L 3X2
Hours: 9:30AM–6PM
Phone: (250) 612-4754
- Runner's Sole in Kamloops
(274-1395 Hillside Drive)
Aberdeen Village
(next to Milestones)
Kamloops, BC V2E 2R7
(250) 377-4055 or e-mail: info@runnerssole.com
- Shop online

ILLNESS OR INJURY

- Any athlete with an illness or injury should inform Mr. Trueman or Mrs. Christieson and seek advice from a medical professional.

CONTACT INFORMATION

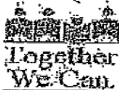
- 1) **Scott Trueman (XC coach)**
E-mail: ScottTrueman@sd28.bc.ca
Phone: 250 747-2103
- 2) **Ella Christieson (XC assistant coach)**
E-mail: EllaChristieson@sd28.bc.ca
- 3) **Charles Kramer (CSS Athletic Director)**
Phone: 250 992-7007
E-mail: CharlesKramer@sd28.bc.ca
- 4) **Eric Wolf (Northcentral Zone XC Coordinator)**
E-mail: ewolf@sd59.bc.ca
- 5) **Ms. Trish Simpson (Quesnel Junior School Principal)**
Phone: 250 747-2103
Cell: 250 255-6057
E-mail: TrishSimpson@sd28.bc.ca

- 6) **Mr. Chuck Loewen (Quesnel Junior School Vice-Principal)**
Phone: 250 747-2103
Cell: 250 991-9681
Email: ChuckLoewen@sd28.bc.ca
- 7) **Ms. Marissa Knauf (Correliou Secondary School Principal)**
Phone: 250 992-7007
E-mail: MarissaKnauf@sd28.bc.ca
- 8) **Mr. Shane Mummery (Correliou Secondary School Vice-Principal)**
Phone: 250 992-7007
Email: ShaneMummery@sd28.bc.ca
- 9) **School District No. 28 bus garage**
Phone: 250 992-8361

ATTACHMENTS

SCHOOL DISTRICT NO. 28 (QUESNEL)

Policy No. 445 - OUT-OF-SCHOOL LEARNING EXPERIENCES



ATTACHMENT "D"

OUT-OF-SCHOOL LEARNING EXPERIENCE SCHOOL CONSENT FORM

ATTENTION ALL PARENTS:

Quesnel Junior School &

The students of *Correliou Secondary* School will be participating in a variety of out-of-school learning experiences over the school year; such as, a trip to a park, hiking, walking, using climbing apparatus, sports trips, eating lunch, etc.)

The school would appreciate your cooperation in your signing a master permission slip at the beginning of each school year.

Notices will continue to be sent home for each activity. Should there be any reason why your child should **NOT** participate, you can inform the school with a signed note or a telephone call to the school. Your cooperation in this process will be appreciated.

Please sign the attached form and send it back to the school as soon as possible.

Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child.

The school district does not provide any accidental death, disability, dismemberment or medical expenses insurance on behalf of students.

OUT-OF-SCHOOL LEARNING EXPERIENCE CONSENT

For _____

Out-of-school learning experience and inter-school events outside of the school are important to a child's education. If you would like your child to participate, please sign below. Notices are sent home and permission can be withdrawn at any time.

I understand that my child may be exposed to certain risks while participating in this activity. Accidents and injuries may occur.

Signature of Parent/Guardian

Date

Printed name of Parent/Guardian

Address of Parent/Guardian

Adopted: December 2003
Amended: February 2005

SCHOOL DISTRICT NO. 28 (QUESNEL)

Policy No. 445 - OUT-OF-SCHOOL LEARNING EXPERIENCES

ATTACHMENT "E"



OUT-OF-SCHOOL LEARNING EXPERIENCE MEDICAL FORM

To be completed by Parent or Guardian

Out-of-school learning experiences to: XC running practices & races Date: _____

Student's Name: _____

MEDICAL INFORMATION

Name Of Family Doctor: _____ Phone: _____

Medical Plan No.: _____ Dependant No.: _____

Date of most recent immunization against tetanus, if known: _____

Known sensitization (allergies) if any: _____

Chronic disability or illness (past or present): _____

Does the student have any health issues we should be aware of? _____

Please describe: _____

DIETARY RESTRICTIONS:

Describe: _____

MEDICATIONS:

I would like my child to be given the following medications:

Name of medicine: _____ What is it to be used for: _____

How is it to be given: _____

Quantity to be given: _____ Times to be given: _____

Medicine should be clearly labeled with the child's name, name of medication, what it is to be used for, quantity to be given and time to be given. In case of emergency, I hereby give permission to the physician named above, or, in his or her absence, to any other physician, to provide treatment for my child.

Signature of Parent/Guardian _____ Date _____

Parent's/Guardian's Home Phone _____ Business Phone (if applicable) _____

Emergency number and/or contacts: _____

Adopted: December 2003
Amended: February 2005

QJS & CSS
2022 XC team fundraising

Sep 7, 2023

Dear local business,

I am an athlete on the Quesnel Junior School-Correlieu Secondary School XC running team (we train as one team) seeking your financial sponsorship for our upcoming season.

Each year, our team competes in a very busy season of regional races and the Provincial XC Championships, which are being held in Victoria this year. Despite what many might think there are a variety of costs associated with participation in our school sport. Transportation, accommodation, uniforms, entry fees, and equipment expenses all add up to an expensive season of at least \$400/athlete, even after donations are received from our local PAC.

I am asking if your business would be willing to donate to our team. We will do our best to show our gratitude by acknowledging your contribution whenever, and wherever, possible, including at the Zone Championships being held in Quesnel, and on our school website.

Please make cheques payable to *Quesnel Junior School XC team* (donations will be equally shared with the CSS team). Receipts will be issued from the QJS office. If you have any questions you are welcome to contact one of our coaches:

Mr.Scott Trueman ScottTrueman@sd28.bc.ca /Phone: 250 983-5161

Mrs.Ella Christieson EllaChristieson@sd28.bc.ca /Phone: 250 983-8377

Name of business: _____
Name of manager: _____
Contact information
 ➤ **Phone:** _____
 ➤ **E-mail:** _____
Amount of donation: \$ _____

Sincerely,

Scott Trueman

Ella Christieson

Scott Trueman
QJS & CSS XC Coach

Ella Christieson
QJS & CSS XC Assistant Coach

QJS AND CSS XC RUNNING
STUDENT-ATHLETE CONTRACT

SCHOOL (please circle)

Quesnel Junior School

Correliou Secondary School

ATHLETE CONTRACT

I, _____ recognize that there are high expectations for my conduct as a student, and as an athlete, at my school. I promise to demonstrate good sportsmanship and agree to follow all school rules & policies throughout the season, including at practices, races, and while on field trips. I understand that, if at any time, I do not live up to the terms of this contract my participation may be restricted or terminated and there will be consequences for my actions. I also understand my parent/guardian(s) will be held responsible for payment of any damaged property resulting from my actions.

Student Signature: _____

Parent/Guardian Signature: _____

Date: _____, 2023

QUESNEL INVITATIONAL XC RACE

RACE VOLUNTEER FORM

The Quesnel Invitational XC race will be held on Saturday, October 14th at West Fraser Timber Park.

Hosting this race is a big commitment, and I am looking for ~60 volunteers to help with a variety of jobs. If you are able to help, please write your name, contact information, and preferred job (indicate with a check mark).

Name	
Phone (home)	
Phone (cell)	
E-mail	
Pre-race trail preparation & flagging (Friday, Oct 13th afternoon/evening)	
Pre-race sweeper (arrives before 8 a.m. and ensures the race trail is safe to use)	
Pop-up tent set up & take down (to be used by First Aid volunteers). (4 persons, after which they can be 'general' volunteers)	
Fee collection (2 persons)	
Registration (2 persons)	
Trail marking check. These persons must arrive no later than 8:30 a.m. (3 persons)	
Start/Finish line set up (2)	
Race Marshalls (10)	
Timers (6)	
Results (3)	
Clean up (3)	
Food & beverages. (6 persons)	
Designated Emergency Driver (1)	
Awards (3)	
Typing results (1)	
Photographer (1)	
First Aid (2)	
Phoning for volunteers (1)	



QUESNEL SCHOOL DISTRICT
ATTACHMENT 'A' – POLICY 810 –VOLUNTEER DRIVER APPLICATION

VOLUNTEER DRIVER APPLICATION FORM

SCHOOL: _____

DRIVER'S NAME: _____

ADDRESS: _____

POSTAL CODE: _____

TELEPHONE: _____

VOLUNTEER DRIVER'S VEHICLES:

Vehicle Information

Vehicle 1

Vehicle 2

- Make / Style _____
- Colour _____
- Year / Licence _____
- Passenger Capacity (Students) _____

VOLUNTEER DRIVERS – PLEASE READ:

In agreeing to transport students, I am aware of the School District regulations below:

1. Cars volunteered for student transportation must be insured with minimum third party liability insurance of \$1 million dollars and must be properly equipped with seat belts. Each student must have a seat belt properly secured when traveling.
2. The insurance carried on this vehicle is correct for the usual/regular use of the vehicle (i.e. pleasure only; to and from work; business; etc.)
3. The School District has excess third party liability coverage for volunteer drivers, so drivers do not need special insurance coverage to transport students.
4. The School District does not accept responsibility for any damage to the vehicle in the event of an accident.
5. The volunteer driver should ensure that, to the best of his/her knowledge, the motor vehicle used for student transportation is in good mechanical condition and will only be driven by the volunteer driver.
6. Volunteer drivers must be at least 21 years of age and in good health. The driver should be accident free for at least three (3) years. They cannot be secondary school students. **Drivers must provide a copy of their current driver's abstract to the School Principal with this completed form.**
**Driver's abstracts are available free of charge at the Provincial Government Buildings located at 350 Barlow Avenue.*

The vehicle must be equipped with tires and/or chains for winter conditions.

7. For safety and health reasons, volunteer drivers are asked not to allow smoking in their vehicles while transporting students.
8. The driver agrees not to imbibe any alcoholic beverages or use any restricted substances while driving which might impair his/her judgment and invalidate insurance.

Adopted: May 1989

Amended: September 2008, February 2017

Reviewed: November 2013

Additional Information required for volunteering:

- ___ Driver's Abstract-<https://onlinebusiness.icbc.com/clio/>
- ___ Copy of Vehicle Insurance
- ___ Criminal Record Check



Quesnel School District

Consent for Release of Student Information

Preamble

The Quesnel School District is bound by the Freedom of Information and Privacy Act, S.B.C. 1992, and is responsible for providing access, security, management, maintenance, preservation and disposal of records in its possession.

School Board Policy No. 140 (Procedures) requires that the District secure informed consent, whenever practical, from an individual or parent/guardian prior to releasing personal information about the individual except as authorized or required by law.

School: _____

Student: _____

Parent/Guardian Name: _____

I, _____ give my consent to the Quesnel School District for the following as it relates to my child named above:

- 1. My child's name and/or photograph may be used in school/district publications. Yes [] No []
2. My child may be included in any media coverage of school/district events not generally accessible to the public. Yes [] No []
3. Disclosure of my child's name, grade and parent/guardian telephone number to school committees (e.g. Parent Advisory Council, Graduation Parent Committee) for the sole purpose of school/district related activities. Yes [] No []
4. Disclosure of my name, telephone number(s), mailing address and child's name, grade and relevant medical information to the Public Health Unit in order to facilitate health services to students. Yes [] No []
5. Other _____

Identify records, report, file etc.

Parent/Guardian Signature: _____ Date: _____

The parent/guardian may rescind or amend this consent, in writing, at any time except where action has been taken in reliance of the consent. Consent forms may be destroyed after the student has permanently left the school. If you have questions about this form or your child's privacy, please contact the principal of your child's school.