



CAUSEWAY SCHOOL

PUTTING ACHIEVEMENT FIRST

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Headteacher: Ms L Leung

01 October 2018

Dear Parent/Carer,

Eastbourne Schools Partnership Cross Country Championships

On Tuesday 9th October 2018 the Eastbourne Schools Partnership Cross Country Championship will be taking place at Eastbourne Sports Park. The programme and distance of races will be as follows:

| Event | Start Time (Approx) | Age Group | Distance |
|-------|---------------------|------------------|----------------------|
| 1. | 10.00am | Year 7 Girls | 1 mile (1 lap) |
| 2. | 10.20am | Year 7 Boys | 1 ½ miles (1.5 Laps) |
| 3. | 10.40am | Year 8/9 Girls | 1 ½ miles (1.5 Laps) |
| 4. | 11.00am | Year 8/9 Boys | 2 miles (2 Laps) |
| 5. | 11.20am | Year 10/11 Girls | 2 miles (2 Laps) |
| 6. | 11.40am | Year 10/11 Boys | 3 miles (3 Laps) |

Your son/daughter has been selected to represent Causeway School in this event. This will be taking place during the school day as such could you please sign the below consent form to give permission for them to take part.

They will need to arrive at school as per usual and all barr Year 7 will attend Tutor time. Year 7 will go straight to the changing rooms and change into their Causeway PE kit or plain black running specific clothing. I would highly recommend that they bring a jumper, tracksuit bottoms and a coat with them to stay warm before and after the race. Year 8, 9, 10 and 11 will head to the changing rooms after form to get changed. The students will be shuttled to Eastbourne Sports Park in the school minibus, compete their race, be shuttled back, change and return to classes for the rest of the day.

In preparation for this event it would be great for the students to attend run club on Friday 5th October 7:30am-8:10am. In order to perform at their best we recommend that the students have a high carbohydrate dinner (pasta, potatoes, etc.) the night before, hydrate well before bed and have early night. On the morning a high carbohydrate breakfast (porridge, toast, etc.) and hydrate well by taking regular sips of water up until their race. They will want food and water with them to refuel and rehydrate after the race.

Can you I please also return the attached medical form (if not already done so.)

Yours sincerely,

Andrew Ibbott
Head of Physical Education
aibbottson@causewayschool.org



Eastbourne Schools Partnership Cross Country Championships

Thursday 9th October 2018

Please return this completed reply slip to Mr Ibbott in the PE office.

I would like _____ Tutor Group _____

to attend the 'Eastbourne Schools Partnership Cross Country Championships'

I am aware that they need to arrive at Causeway School at the usual time and report to the changing rooms, Year 7 at 8:40 and Year 8, 9, 10 and 11 at 9:05. They will return to school and lessons after the event.

I give / do not give permission for them to be photographed during the day.

They will / will not be attending run club on Friday 5th October 7:30am - 8:10am.

I have attached the required medical form if not already completed

Signature – Parent / Carer _____

Please print name _____ Date _____