April 7th, 2026

Dear Parents,

Track season is starting next week. We will have the use of the STM track for all practices as in past years. This year, our track and field season will focus on running events only (ie. short distance, long distance, relays). We will host our **OLM Track Meet on Wednesday, May 20th**. Our first track practice will be on **Tuesday, April 14th from 8:00 – 8:40am**. Track and Field is open to **grade 3, 4, 5, 6, and 7 students (running events only)**. When the weather allows, we hold our practices on the **STM track.** On rainy days, we hold our practices in the **OLM gym**. Our regular practices will be as follows:

TRACK AND FIELD PRACTICES:

- **Tuesdays**: **8:00am to 8:40am**
- **Wednesdays**: **3:00pm to 4:00pm**

Your coaches and co-ordinators this year will be Mr. Nguyen (on-field), Mrs. King (off-field), and OLM staff members. We also welcome any parent in grades 3, 4, 5, 6, or 7 who have specific expertise to come out and help coach our athletes. Our track and field season is often dependent on parent helpers who have track and field coaching experience.

Please read the information below regarding our Track and Field Policy which also aligns with the CISVA track and field rules and guidelines:

PICK-UP POLICY:

- Please be advised that during **Wednesday track and field practices**, all students must be picked up **no later than 4:00 PM**, as staff supervision will not be available beyond this time.
- For safety and accountability, student pickup must take place **at the school office only**. All participating students will be directed to wait at this location until they are collected.
- To ensure student safety, it is essential that coaches are able to confirm each student has been picked up by an authorized adult, and the **coach must be notified when a student leaves**.

DROP OFF POLICY:

- The staff parking lot is for STAFF ONLY at all times.
- Students are NOT PERMITTED to be dropped off at the main entrance in the mornings. Please use the regular drop off zone at the church parking lot for morning practices.

TRACK AND FIELD POLICY:

- Students must wear their **gym strip** for **all practices and all track meets** (OLM track suit and/or jogging pants are allowed during cold weather days). If it is raining heavily, practices will either be cancelled or held in the gym.
- Please inform the coaches via email **WELL IN ADVANCE** if your child has any appointments we should be aware of, or if they are unable to attend or continue in track. This also includes notifying us if your child is absent from school due to illness.
    - Mr. Nguyen: cnguyen@ourladyofmercy.ca
    - Mrs. King: sking@ourladyofmercy.ca
- Athletes must wear **proper athletic footwear (ie. runners)** for practices and track meets.
- Athletes are **expected to attend all practices** unless they have a legitimate reason.
- Athletes are also **expected to keep up with all of their schoolwork**. Track practices and events are NOT excuses for incomplete assignments.

OLM PARENT COACHES / VOLUNTEERS:

- If there are any parents who have experience / expertise with track and field training, specific exercises for short and long-distance running, conditioning, etc. we would greatly appreciate your time and your assistance.
- Please fill out the parent volunteer form if you are able to help out with at least one of our track practices.

Please fill out the permission form on the next page if you give consent for your child to participate in track and field for OLM.

Thank you for your continued support. We hope to have a wonderful season!

Sincerely,

The OLM Track Coaches

OUR LADY OF MERCY

TRACK & FIELD PERMISSION FORM

PLEASE RETURN FORM BY FRIDAY, APRIL 10th, 2026.

I have read and discussed the OLM Track and Field Policy with my child. We FULLY accept the terms and conditions of OLM's policies.

Student's Name: _____ (student signs his/her name to acknowledge that he/she understands and has read the notice with a parent)

Grade: _____

Student Signature: _____

I hereby give permission for my child to participate in all track and field practices and events.

Parent Name: _____

Parent Signature: _____

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VOLUNTEER FORM

I would like to volunteer as a track coach to help out with practices and track events.

I have experience / expertise in coaching: _____.

Please put a check mark beside the times and days that you are available:

Tuesdays: 8:00am to 8:40am _____

Wednesdays: 3:00pm to 4:00pm _____

Parent Name: _____

Parent Signature: _____

Email OR Phone Number: _____

I have completed the criminal record check: YES _____ NO _____