



12th March 2015

Dear Parent/Carer,

National Indoor Rowing Championships

Your child has been selected to represent Cardinal Pole Catholic School at the National Indoor Rowing Championships (NJIRC). Details are as follows:

Date: Friday 20th March 2015

Location: Lee Valley Indoor Athletics Centre

Time: Meet at the changing room at 7.30am **SHARP**, for a 7.45am departure.

Finish time: 4.30pm at Lee Valley. Estimated arrival back at school is 6pm.

Travel arrangements: Pupils will travel by coach with teachers in charge to and from venue. Pupils should come dressed to school dressed in full PE kit.

Please ensure your child bring with them:

- Full PE kit (including white socks and trainers, pupils may only wear the Cardinal Pole tracksuit)
- Packed Lunch including water – those on Free School Meals will receive a packed lunch

If your child has any other medical conditions, please notify me by letter or by phoning the school on 020 8985 5150.

If you would like your child to take part please sign and return the permission slip below.

Yours sincerely,

Miss. Gare
PE Teacher

Reply Slip
National Indoor Rowing Championships
Friday 20th March 2015

I _____ the parent/carers of _____ in form _____, give my child permission to participate in the National Indoor Rowing Championships Competition on Friday 20th March 2015.

Name of parent/Carer: _____

Signed: _____

Dated: _____