

Running Club – Preseason Training



Dear Parents,

After a massive 2016, Running Club is keen to get off on the right foot and make a swift start to the 2017 season. We are offering children the chance to make a head start on their cross country training and get their legs turning over by partaking in a once a week preseason training program until the real stuff begins (after the completion of swim squad training we will be going back to twice weekly before school sessions). The session will be held on Monday after school on the Oval and is free to attend for anybody from Years 3-6.

When: Monday at 3:45pm – 4:30pm (Weeks 2 – 5 of Term 1)

Where: the Oval (undercover area if it is raining)

What to bring: running gear and a drink bottle

Thank you,

Mr. Rowe, Mr. Barker, Mr. Crane and Ms. Barge

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