

## Running Club – 2019



Dear parents,

We are happy to announce that once again we will be 'running' Running Club in 2019. For those unaware, Running Club is a before school program that helps prepare the children in Years 3-6 for the upcoming Cross Country season. We have had incredible success with this program and have had wonderful numbers each year. We look forward to another fantastic year and would love to see as many children attend as possible. This year, like others, we ask that children make a gold coin contribution each session they attend, which helps pay for a small breakfast and the purchase of equipment used to complement the program. Last year's money has been used to purchase equipment that we look forward to using in 2019.

Running Club will be on Tuesday and Friday (starting Tuesday 12<sup>th</sup> March). The sessions begin at 7:30am and finish at approximately 8:30am. We do ask that the children are there 5-10 minutes before we start so they are ready for the warm up. The sessions consist of an active warm up, a progressive cardio workout, core strengthening and if time permits, a game.

The sessions have always been very widely embraced by the school community and every year we ask for contributions from our parents in the form of time. If you have time in the morning to help out preparing the children's breakfast, we'd greatly appreciate it. The more hands, the easier and quicker the job gets done. Please fill out the Parent Helper Slip and email Helen Paroukas if you are able to help.

<b>Week</b>	<b>Tuesday</b>	<b>Friday</b>
<b>7</b>	12 <sup>th</sup> March- School Oval	15 <sup>th</sup> March- School Oval
<b>8</b>	19 <sup>th</sup> March- School Oval	22 <sup>nd</sup> March- School Oval
<b>9</b>	26 <sup>th</sup> March- School Oval	29 <sup>th</sup> March – School Oval
<b>10</b>	House Cross- Country- Date: TBC	

If you have any questions or queries you can email Mr. Crane

Thank you,

Mr Crane, Ms Paroukas, Ms Sakellaris, Miss Freeman & Mr Wintersea

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[paroukas.helen.h@edumail.vic.gov.au](mailto:paroukas.helen.h@edumail.vic.gov.au)

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### **Parent Helper Slip**

I \_\_\_\_\_ am able to be a parent helper for this year's Running Club.

What is your child's name? \_\_\_\_\_

contact Number: \_\_\_\_\_

If you can please also email Helen Paroukas your availability at: [paroukas.helen.h@edumail.vic.gov.au](mailto:paroukas.helen.h@edumail.vic.gov.au)