10th April 2018

Dear Parents and Caregivers,

ZONE CROSS COUNTRY KILOMETRE CLUB

Congratulations to __________________________ on receiving a top 8 result in the School Cross Country Carnival.

To assist with training for the Zone Cross Country, the school will be holding a Kilometre Club in the mornings before school. This will give students the opportunity to build their stamina for long distance running.

The Kilometre Club will meet at the fence of the Support Unit at 8:15am each morning. Under the full supervision of a teacher, the students will run a marked lap of the oval. Each lap will be approximately 330m and students will be given a card to track their laps. For every 3 laps they will have run a kilometre.

The students will be able to train from 8:15am to 8:45am which includes a brief warm up and stretch at the beginning and a cool down at the end. The first day of training will be Thursday 12th April 2018.

Students should bring their school shoes in a separate bag to be able to change into after their training is finished. Students will be given enough time to fully recover, have a drink and change shoes before joining their class. Students will also need to bring a water bottle to hydrate during and after the session.

We look forward to getting some training sessions in this term and in week 1 next term to prepare for the event. This training is not compulsory but will provide an opportunity to students who would like to build their stamina in a monitored environment.

Please complete the permission slip below and return to Ms Griffith before attending a training session. Students will not be able to run unless they have a completed permission slip.

Yours sincerely

MS A GRIFFITH
Organising Teacher

MISS J BENNETT
Principal

ZONE CROSS COUNTRY KILOMETRE CLUB
(Permission slip is to be returned to Ms Griffith)

I __________________________ give permission for my son / daughter __________________________ of class __________ to attend the Zone Cross Country Kilometre Club training commencing Thursday 12th April from 8:15am to 8:45am.

I understand that this activity has been approved by the Principal.

My child has / does not have a medical condition / allergy- __________________________

Parent / Caregiver: __________________________ Date: __________________________