



# EMU PLAINS PUBLIC SCHOOL

Emerald Street, Emu Plains NSW 2750

Telephone: (02) 4735 1233  
(02) 4735 1256  
Facsimile: (02) 4735 6376

10<sup>th</sup> 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 12<sup>th</sup> 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

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### **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 12<sup>th</sup> 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: \_\_\_\_\_