CROSS COUNTRY TRAINING - REVISED

Dear Parents/Guardians,

As the Cross Country event is approaching we will continue with the training sessions to ensure our students are well prepared.

Training will occur on the following days:
Tuesday 18th March – UNFORTUNATELY UNABLE TO DO DUE TO PARENT/TEACHER CONFERENCES
Tuesday 25th March
Thursday 27th March
Tuesday 1st April
Thursday 3rd April
Tuesday 22nd April
Training will commence at 4:15pm.

We will be conducting training at Cherry Lake. The 10 year olds will complete the 2km course and the 11/12 Year olds will run the 3km course. If your child is unable to make a particular training session, I would like them to conduct their own personal training session, particularly in the school holidays. The year 5/6 students are on camp the week prior to the event, from the 28th April till the 2nd May, so you will need to be mindful of this. This will enable the group to be prepared for the race.

I am also seeking parental assistance to run/bike ride with the children around the course. Ideally I would like two parents to run the course, one near the front and one at the back of the group. If you are able to assist, can you please indicate below.

If you have any queries, please come and see me, or contact me – nobbs.sarah.l@edumail.vic.gov.au or 0437 309 043

Cheers

Sarah Nobbs
Sports Coordinator
PARENT HELPERS for Cross Country Training

☐ I can run/ride the 2km course with the 10 Year Olds

☐ I can run/ride the 3km course with the 11/12 Year Olds

Name: ____________________________________________________________

Contact Number: __________________________________________________

Can you please indicate below what days you will be attending the training sessions:

Tuesday 25th March       Yes/No
Thursday 27th March      Yes/No
Tuesday 1st April        Yes/No
Thursday 3rd April       Yes/No
Tuesday 22nd April       Yes/No

Child’s Name:.................................................................

Age Group:.................................................................