



8<sup>th</sup> May 2017

Dear Parents & Caregivers

## Running Club 2017

It is that time of the year and Running Club 2017 will begin on Wednesday 17<sup>th</sup> May 2017.

As a reminder to returning parents and students but also for new members, details are as follows:

### Aims & Objectives:

- To increase fitness levels across all year groups;
- To allow students to experience and develop a training schedule;
- To encourage students to set personal fitness goals;
- To provide a training opportunity in preparation for the SHPS Cross Country Carnival at the end of Term 2 and the CBSSA Interschool Cross Country at the start of Term 3 (for Years 3 – 6).

### When & Where:

- Wednesday & Friday mornings 8:10am – 8:30am;
- Starting on Wednesday 17<sup>th</sup> May 2017;
- SHPS Oval;
- Initially for Term 2 only.

### Who:

- Two grass courses will be available as follows:
  - Pre-Primary – Year 2 – approximately 330 m long
  - Year 3 – Year 6 – approximately 380m long
- Students in Pre-Primary – Year 2 will need parent supervision whilst at the Running Club and we encourage parents to get involved and train with your child/children;
- Students in Years 3 – 6 do not require supervision but parents are welcome to come and join in.

### What to bring:

- All students must wear supportive footwear for running (no sandals or boots);
- Medication if necessary (eg asthma puffer/ventolin);
- Drink bottle;
- A t-shirt to run in plus a school t-shirt to change into after Running Club (optional);
- Fruit or a snack for after Running Club.

### Wet Weather Procedure:

- If wet weather is forecast then Running Club will not take place;
- Whenever possible a message cancelling Running Club will be sent out via the school app;
- Should there be rain during Running Club then students will move to the assembly area until classrooms open at 8:35am;
- Parents please note that a decision regarding weather is not taken lightly but in the interest of keeping participants well, we will not continue with our 'meet' if raining.

### Achievements & Rewards:

All students will have their laps recorded each session and will receive recognition for their effort and dedication as follows:

- Stamp per lap completed;
- Milestone Certificates;

At the first 'meet' each student will have their name, year group and laps recorded. Each student will have their own record card which they will need each time they attend. Laps will be recorded so that Milestone Certificate can be awarded.

Regards

Jill vK

