DO YOU LIKE TO RUN?
Are you in Year 3-6?
Are you keen to be part of the St Mary’s Cross Country Team?
If you answered YES to any of these questions.......... 

I will be conducting training sessions in the school grounds on the dates listed below. The sessions will have an emphasis on improving fitness and technique as well as providing competitive running.
These sessions will begin on Thursday 26th March at 8.00 am.
Training / Trial dates as follows:

Thursday 26th February
Monday 2nd March
Thursday 5th March
Thursday 12th March
Thursday 19th March (run by Michael Masseni – Athletics coach)
Thursday 26th March (run by Michael Masseni - Athletics coach)
Thursday 16th April
Monday 20th April

TIME TRIALS
Thursday 23rd April – Civic Pde Oval
BACK UP DATE – Monday 27th April

Sessions will last approximately half an hour. Enter the school through the office and wait to be collected (8.00am). If you arrive after 8am, join us on the oval.

Children will need to wear their runners and must change into their school shoes at the end of the sessions. Drink bottles are needed.

Time trials for selection for the Cross Country team will take place at the final session on Thursday 23rd April. Children should be taken to the Civic Pde ovals (near to the corner of Sargood St) by their parents on the day of the time trials. They will walk back to school with me.

It is a requirement that children attend at least 5 training sessions and by the day of the time trials be able to run the required distance – 2km - 9 / 10 years / 3km - 11 + years if they wish to try out for the team.

The ADSSA Cross Country will be held on Tuesday 5th May at Cherry Lake.

I hope you take this opportunity to come along, get yourself a little fitter and try out for the team!

If you have any queries please contact me.
See you at training!!

Margaret Masseni
PE / Sport Leader
COUNTRY TRAINING SESSIONS

PLEASE RETURN BY: Friday 20th February - to the green tub outside Mrs Masseni’s office
(Notes can be brought to the first training session)

PERMISSION NOTE

My child___________________________________________ in
Year________________________ (eg 3/4 L) has permission to attend the training sessions indicated below.

I authorise the teacher in charge to consent to my child receiving such medical treatment as may be deemed necessary.

My child’s date of birth is (day/month/year) _____________________

Parent / Guardian’s Name___________________________________

Signed___________________            Date ____________________

Contact Number_________________________________________

My child will be attending the following CC Training sessions held either in the school grounds or at the Civic Pde ovals.

○ Thursday 26th February
○ Monday 2nd March
○ Thursday 5th March
○ Thursday 12th March
○ Thursday 19th March (run by Michael Masseni)
○ Thursday 26th March (run by Michael Masseni)
○ Thursday 16th April
○ Monday 20th April

TIME TRIALS
○ Thursday 23rd April – Civic Pde Oval
○ Monday 27th April - BACK UP DATE in case of bad weather

○ I am able to help with the timing of the children at the trials
○ I have a Working with Children Check

“Caring Catholic Community in Education”
CROSS COUNTRY TRIALS

Trials were cancelled today due to the heavy rain.

Trials will now be held on THURSDAY 26\textsuperscript{th} APRIL at 7.45am at the Civic Pde Ovals.

If it is raining heavily as it was today, they will be held on Friday during school hours. Light rain and we may still go ahead. If you are unsure, best to show up anyway!

In the event that trials are moved to Friday, I will still need helpers – please complete the form below letting me know if you can help out.

--------------------------------------------------------------------------------
I CAN HELP AT CROSS COUNTRY TRIALS IF THEY ARE HELD ON FRIDAY – 27\textsuperscript{TH} APRIL

NAME: ________________________________________________________

MOBILE NUMBER: _______________________________________________

TIMES: (PLEASE CIRCLE)

\begin{tabular}{cccc}
10 – 11AM & 11.30 – 12.30 & 12.30 – 1.30 & 1.30 – 2.30 \\
\end{tabular}

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