Birmingham Primary School No. 5048

Athletics – Sprint / Fitness Training Term 1, 2018
Grades 3 / 4 / 5 / 6

5th February 2018

Dear Parents,

As a lead up to the District Athletic Sports and Birmingham Cross Country competitions this year, all children in Grades 3 – 6 are invited to attend some before school training sessions, at school utilising the fitness track, oval and basketball court.

Leading up to the Lilydale District Grade 5/6 Aths Sports (March 8th) and Grade 3/4 Aths Sports (March 15th) training will be geared toward 'sprints'. At the completion of the Aths Sports, training will then be geared more towards longer distances leading up to the Birmingham Cross Country (early Term 2).

The Lilydale District Athletics Sports is a 'standardised' carnival whereby children race against children of similar ability from other schools. (i.e. our fastest boy/girl will race against the fastest boy/girl from the other District schools; our 20th fastest boy/girl will race against the 20th fastest boy/girl from the other schools, etc). Therefore it is important that all children, fast or slow train to maximise their own potential, which will lead to a more enjoyable athletics competition for them.

Training sessions will commence on **Wednesday 14th February 2018** on the school oval between 8.20 a.m. and 8.45 a.m. and will continue through to Wednesday 14th March 2018.

Training schedule will be as follows:

Time: **8.20 a.m. – 8.45 a.m.**
Location: **School Oval / Aths Track**

Week 3	Wednesday 14th February 2018
Week 4	Wednesday 21st February
Week 5	Wednesday 28th February
Week 6	Wednesday 7th March
Week 7	Wednesday 14th March

Due to tight time constraints, when training is scheduled on School Oval, parents need to drop children at school for a **prompt** 8.20 a.m. start.

Please fill in the permission form and return to Mr. Harriss at your first training session.

Trish Enzinger
Principal

Justin Harriss
P.E. Teacher

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Birmingham Primary School No. 5048

Fitness/Cross Country Training Sessions 2018

I give permission for my child _____ of Grade _____ to participate in the Fitness/Cross Country Training Sessions on the following days:

School Oval 8.20 a.m. on: 14th, 21st, 28th February 2018 and 7th , 14th March 2018.

I give permission for the teacher in charge to consent, where it is impracticable to communicate with me, to my child receiving such medical or surgical treatment as may be deemed necessary.

Signed: _____
Parent/Guardian

Please return form to Mr. Harriss at your first Training session.