

25 January 2023

Dear Parents and Parent Liaisons,

RE: AGS Athletics Enrichment Program 2023

Alphington Grammar School is proud to be offering Athletics Enrichment, a Secondary enrichment program in collaboration with 4-time Olympic Distance Runner Craig Mottram and his foundation, elitewellbeing. The Athletics Enrichment program will begin in **Term 1 week 2** and focus on targeted training, tailored wellbeing programs, and preparing students for athletics competitions where they can compete as registered athletes. For any student looking for balanced sporting and wellness mentorship, a chance to refine their athletics capabilities, or the opportunity to learn from the best of the best, this program is not one to miss!

Watch the Video from Craig Mottram on what it is about!!

<https://vimeo.com/599529734/9c6ae5129b>

AGS Athletics starting Term 1 Week 2

All trainings will be on school campus and will be working towards athletic competitions. To sign up please use the online form for which days you will attending:

- Training Day 1: Mondays 3.45 – 5.00pm
- Training Day 2: Wednesdays 7.30 – 8.30am
- Training Day 3: Fridays 7.30 – 8.30am

NOTE: A Healthy breakfast will be provided for the Wednesday & Friday mornings session.

Join AGS Athletics Enrichment Squad

Sign up or enquire about joining our Swim Squad program <https://forms.office.com/r/VhNiMMmbZd>

Please contact Ms Olivia Rahme if you have any queries regarding the program.

Yours sincerely,



Olivia Rahme
Head of PE, Sport and Health P - 12