

26 April 2023

Dear Parents and Parent Liaisons,

RE: AGS Athletics continuing in Term 2 Week 1

All training will be on the school campus and will be working towards athletic competitions. The Athletics Enrichment program will continue in **Term 2 week 1** and focus on targeted training, tailored wellbeing programs, and preparing students for athletics competitions where they can compete as registered athletes.

- Training Day 1: Mondays 1.10 – 2.00pm (Secondary Lunch Time)
- Training Day 2: Wednesdays 7.30 – 8.30am
- Training Day 3: Fridays 7.30 – 8.30am

DATE	TIME	TYPE OF TRAINING
26/4/2023	7.30 – 8.30AM	Running Club
28/4/2023	7.30 – 8.30AM	Strength & Conditioning (Jumps)
1/5/2023	1.10 – 2.00PM Lunch Time	Sprint & Relay Training
3/5/2023	7.30 – 8.30AM	Running Club
5/5/2023	7.30 – 8.30AM	Strength & Conditioning (Jumps)
8/5/2023	1.10 – 2.00PM Lunch Time	Sprint & Relay Training
10/5/2023	7.30 – 8.30AM	Running Club
12/5/2023	7.30 – 8.30AM	Strength & Conditioning (Jumps)
15/5/2023	1.10 – 2.00PM Lunch Time	Sprint & Relay Training
16/5/2023	EISM DIVISION 3 ATHLETICS DEPARTURE 7.00AM	
17/5/2023	NO TRAINING	
19/5/2023	7.30 – 8.30AM	Strength & Conditioning (Jumps)
22/5/2023	1.10 – 2.00PM Lunch Time	Sprint & Relay Training
24/5/2023	7.30 – 8.30AM	Running Club
25/5/2023	EISM ATHLETICS CHAMPIONSHIPS	
26/5/2023	7.30 – 8.30AM	Strength & Conditioning (Jumps)
END OF ATHLETICS ENRICHMENT TRAINING		

Thank you for your support and please contact Ms. Rahme via email at or@ags.vic.edu.au if you have any queries regarding the program.

Yours sincerely,



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