

21 June 2023

Dear Parents and Parent Liaisons,

RE: Secondary Running Club & Strength & Condition Program

I am writing to inform you about an exciting opportunity for your child to participate in the upcoming Secondary Running Club & Strength & Condition program, with a particular focus on cross country training. This initiative aims to prepare our students for the upcoming interschool sports competition at the end of the term.

To make the most of this training program, we plan to conduct some of our sessions off-campus, when weather conditions permit, in order to increase the distance covered. Rest assured that all students will always be under the supervision of our qualified coaches. Their expertise and guidance will ensure the safety and well-being of your child throughout these sessions. The students will be running on the public bike track and only a distance of 3km.

We have scheduled the following dates for the secondary running club sessions:

In addition to running club sessions, we will also be organizing cross-country trials to identify students who will represent our school in the interschool sports competition.

DATE	TIME	TYPE OF TRAINING
12/7/2023	7.30 – 8.30AM	Running Club
14/7/2023	7.30 – 8.30AM	Strength & Conditioning (Endurance)
19/7/2023	7.30 – 8.30AM	Running Club
21/7/2023	7.30 – 8.30AM	Strength & Conditioning (Endurance)
26/7/2023	7.30 – 8.30AM	Running Club
28/7/2023	7.30 – 8.30AM	Strength & Conditioning (Endurance)
2/8/2023	7.30 – 8.30AM	Running Club
4/8/2023	7.30 – 8.30AM	Strength & Conditioning (Endurance)
9/8/2023	7.30 – 8.30AM	Running Club (Year 7&8 3km Time Trial)
11/8/2023	7.30 – 8.30AM	Strength & Conditioning (Endurance)
23/8/2023	7.30 – 8.30AM	Running Club (Year 11&12 3km Time Trial)
25/8/2023	7.30 – 8.30AM	Strength & Conditioning (Jumps)
30/8/2023	7.30 – 8.30AM	Running Club
1/9/2023	7.30 – 8.30AM	Strength & Conditioning (Endurance)

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,

A handwritten signature in black ink, appearing to read 'Olivia', with a long horizontal line extending to the right.

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