24 January 2024

Dear Parents and Parent Liaisons,

RE: AGS Secondary Athletics Enrichment Program 2024

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:

1. Training Day 1: Mondays 8.00 – 8.45am (Wellbeing session)
2. Training Day 2: Wednesdays 7.30 – 8.30am (Middle Distance & Sprints)
3. Training Day 3: Fridays 7.30 – 8.30am (Strength & Conditioning)

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

Extra Competitions:
1. Victorian Millers Club Track Meet
2. Athletics Victoria High Velocity Club Meet

Students who conquer 8 action-packed sessions in a single term will be rewarded with an exclusive AGS Athletics Enrichment T-shirt! But the thrills don't stop there – at the grand finale of the year, an epic prize awaits the student who conquers the highest number of sessions throughout the entire year will clinch the prize.

Join AGS Athletics Enrichment Squad
Sign up or enquire about joining our AGS Athletics Enrichment https://forms.office.com/r/NLVdnLaE86

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

AGS Athletics Enrichment Program 2024

Yours sincerely,

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