

10 April 2024

Dear Parents and Parent Liaisons,

**RE: Secondary Sport Enrichment Programs Term 2 2024**

As we gear up for Term 2, we are thrilled to unveil an array of sports programs designed to enrich your child's secondary school experience.

1. **NEW in Term 2: Basketball Club**
  - Mondays after school, from 3:45 to 4:45pm in the gym.
2. **Tennis Club**
  - Tuesdays after school, running for the first 4 weeks of Term 2, from 3:45 to 4:45pm.
3. **Softball Club**
  - Wednesdays after school, also for the first 4 weeks of Term 2, from 3:45 to 4:45pm.
4. **Volleyball Academy**
  - Thursday mornings, taking place in the gym from 8:00 to 8:45am.
5. **Athletics Enrichment**
  - Mindful Monday, starting at 8:00 to 8:45am in the gym
  - Wednesday Running Club, starting bright and early at 7:30 to 8:30am.
  - Friday Strength and Conditioning sessions, kicking off the day from 7:30 to 8:30am.

Below are the dates for each program running throughout Term 2. However, please note that if a session is cancelled for any reason, we will notify parents via email or message.

We invite all students to participate in any of these events. They can simply turn up to any session to sign up.

Please note the importance of appropriate attire: students are required to wear their sports uniform. However, if it is not their registered Physical Education (PE) or sport day, they must ensure to change into their school uniform after the session.

Please contact Ms. Olivia Rahme if you have any queries regarding any of the secondary programs.

Thank you for your support.

Yours sincerely,



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

## AGS SECONDARY SPORT PROGRAMS - TERM 2 2024

### ATHLETICS Enrichment Program TERM 2 - ORA

DATE	TIME	VENUE	PROGRAM
<b>Monday 15 April</b>	NO SESSION - SCHOOL CLOSED		
Wednesday 17 April	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 19 April	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 22 April	8.00 - 8.45am	On Campus	Mindful Monday
Wednesday 24 April	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 26 April	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 29 April	8.00 - 8.45am	On Campus	Mindful Monday
Wednesday 1 May	7.30 - 8.30am	On Campus	Running Club + Primary Running
<b>Friday 3 May</b>	NO SESSION - SCHOOL CLOSED		
<b>Monday 6 May</b>	NO SESSION - SCHOOL CLOSED		
<b>Tuesday 7 May</b>	EISM Division 3 Athletics		
Wednesday 8 May	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 10 May	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 13 May	8.00 - 8.45am	On Campus	Mindful Monday
Wednesday 15 May	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 17 May	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 20 May	8.00 - 8.45am	On Campus	Mindful Monday
Wednesday 22 May	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 24 May	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 27 May	8.00 - 8.45am	On Campus	Mindful Monday
Wednesday 29 May	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 31 May	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 3 June	8.00 - 8.45am	On Campus	Mindful Monday
Wednesday 5 June	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 7 June	7.30 - 8.30am	On Campus	Strength & Conditioning
<b>Monday 10 June</b>	NO SESSION - KINGS BIRTHDAY		
Wednesday 12 June	7.30 - 8.30am	On Campus	Running Club + Primary Running
Friday 14 June	7.30 - 8.30am	On Campus	Strength & Conditioning

**SOFTBALL CLUB TERM 2 - SSP**

DATE	TIME	VENUE	PROGRAM
Wednesday 17 April	3:45 - 4:45PM	On Campus	Softball Club
Wednesday 24 April	3:45 - 4:45PM	On Campus	Softball Club
Wednesday 1 May	3:45 - 4:45PM	On Campus	Softball Club
Wednesday 8 May	3:45 - 4:45PM	On Campus	Softball Club

**BASKETBALL CLUB TERM 2 - EMMA & ADI**

DATE	TIME	VENUE	PROGRAM
Monday 22 April	3:45 - 4:45PM	On Campus	Basketball Club
Monday 29 April	3:45 - 4:45PM	On Campus	Basketball Club
Monday 13 May	3:45 - 4:45PM	On Campus	Basketball Club
Monday 20 May	3:45 - 4:45PM	On Campus	Basketball Club
Monday 27 May	3:45 - 4:45PM	On Campus	Basketball Club
Monday 3 June	3:45 - 4:45PM	On Campus	Basketball Club
Monday 17 June	3:45 - 4:45PM	On Campus	Basketball Club

**VOLLEYBALL ACADEMY TERM 2 - LKI**

DATE	TIME	VENUE	PROGRAM
Thursday 18 April	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 2 May	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 9 May	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 16 May	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 23 May	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 30 May	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 6 June	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 13 June	8:00 - 8:45am	On Campus	Volleyball Academy
Thursday 20 June	8:00 - 8:45am	On Campus	Volleyball Academy

**TENNIS CLUB TERM 2 - LHO**

DATE	TIME	VENUE	PROGRAM
Tuesday 16 April	3:45 - 4:45PM	On Campus	Tennis Club
Tuesday 23 April	3:45 - 4:45PM	On Campus	Tennis Club
Tuesday 30 April	3:45 - 4:45PM	On Campus	Tennis Club
Tuesday 7 May	3:45 - 4:45PM	On Campus	Tennis Club