

10 July 2024

Dear Parents and Parent Liaisons,

RE: Secondary Term 3 Sports Programs 2024

We hope this message finds you well. As we gear up for Term 3, we are thrilled to unveil an array of sports programs designed to enrich your child's secondary school experience.

1. Volleyball Academy

- Tuesday mornings, taking place in the gym from 8:00 to 8:45am.

2. Athletics Enrichment

- NEW Box Fit, 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 3. 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

ALPHINGTON GRAMMAR SCHOOL TRAINING DATES/PROGRAMS 2024

Aths Enrichment Program TERM 3

Monday 15 July	NO SESSION - SCHOOL CLOSED		
Wednesday 17 July	7.30 - 8.30am	On Campus	Running Club
Friday 19 July	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 22 July	8.00 - 8.45am	On Campus	Box Fit
Wednesday 24 July	7.30 - 8.30am	On Campus	Running Club
Friday 26 July	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 29 July	8.00 - 8.45am	On Campus	Box Fit
Wednesday 31 July	7.30 - 8.30am	On Campus	Running Club
Friday 2 August	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 12 August	8.00 - 8.45am	On Campus	Box Fit
Wednesday 14 August	7.30 - 8.30am	On Campus	Running Club
Friday 16 August	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 19 August	8.00 - 8.45am	On Campus	Box Fit
Wednesday 21 August	7.30 - 8.30am	On Campus	Running Club
Friday 23 August	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 26 August	8.00 - 8.45am	On Campus	Box Fit
Wednesday 28 August	7.30 - 8.30am	On Campus	Running Club
Friday 30 August	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 2 September	8.00 - 8.45am	On Campus	Box Fit
Wednesday 4 September	7.30 - 8.30am	On Campus	Running Club
Friday 6 September	7.30 - 8.30am	On Campus	Strength & Conditioning
Monday 9 September	8.00 - 8.45am	On Campus	Box Fit
Wednesday 11 September	EISM CROSS COUNTRY		
Friday 13 September	7.30 - 8.30am	On Campus	Strength & Conditioning

VOLLEYBALL ACADEMY TERM 3 - ADI

DATE	TIME	VENUE	PROGRAM
Tuesday 23 July	8:00 - 8:45am	On Campus	Volleyball Academy
Tuesday 30 July	8:00 - 8:45am	On Campus	Volleyball Academy
Tuesday 6 August	8:00 - 8:45am	On Campus	Volleyball Academy
Tuesday 13 August	8:00 - 8:45am	On Campus	Volleyball Academy
Tuesday 20 August	8:00 - 8:45am	On Campus	Volleyball Academy
Tuesday 27 August	8:00 - 8:45am	On Campus	Volleyball Academy