25th February 2016

ST ANTHONY’S INTERSCHOOL CROSS COUNTRY

Dear Parents/Guardians,

Your child has expressed an interest in training for the St Anthony’s Interschool Cross Country Team. Because of the nature of the event, preparation to join the Cross Country Team takes place over several months. This allows for a gradual build up to the fitness level required for this sport.

There are three training sessions offered each week – Tuesday, Wednesday and Friday at 7.50am. Children are expected to attend two sessions a week minimum. If a student is unable to attend a particular training session because of illness or injury, they should bring a note to explain their absence. Any student who has not met the minimum training requirements cannot be considered for selection in any of the school teams. A series of selection trials will be held before each competition.

Training
Training Times are as follow:
- For Bayside District (10-12yrs) training starts 1st March at 7.50am
- For St Anthony’s invitational (Prep – Yr 6) training starts 15th March at 7.50am

Competition Dates
21/04/2016 Bayside District 10, 11, 12, (2km – 3km)
*Trials will be in the last week of term
2/06/2016 St Anthony’s Invitational – Junior (8yrs & under), Intermediate (9&10 Yrs), Senior (11&12 Yrs)
17/05/2016 Met East – Selected runners from Bayside District
29/04/2016 Interhouse C.C. – Age Events
17 & 18 /07/2016 State C.C.

If you have any queries regarding Cross Country or the competitions, please do not hesitate to contact us.

Regards

Brendan Marrinan
HPE

Marty Savage
(Principal)