Dear Parents and Students,

Commencing on Tuesday 10 May, I will be conducting a running club. The club will be called TARGET 200+ and student participation will be used as part of the school’s preparation for the Faction and Interschool Cross Country Carnivals later in the year.

As the name suggests we will see if participating students can run 200 kilometres before the end of the school year. I have done the maths and it is very achievable even for younger students.

The club will meet Tuesday and Thursday mornings starting at 8:00am and concluding at 8:30am. Training is open to all students and their families.

All members will be issued with a card to record the number of laps they complete. Each lap is a 500m circuit. Certificates will be issued at the completion of 10km, 25km, 50km, 100km, 150km and a medallion will be presented upon reaching the Target 200. At the end of the year a prize will be awarded to the students, from each year level, who have covered the greatest distance.

I would like to encourage all students and their families to join and enjoy the benefits that physical fitness brings.

Hope to see you on the oval ready to run or walk.

Russell Grey
Physical Education Specialist

4 May 2016

________________________________________
Signed:     [Parent/Carer]

I ___________________________ give my child/children __________________________ permission to join the Running Club.

I will also be attending:   Yes or No  [Please circle]