Holiday Clinics for Primary School Cross Country Runners

During the first term holidays, the Northern Suburbs Athletic Club will run three free sessions on cross country running for primary school children grades 4 to 6. We hope to get a squad of about 24 to attend these sessions. We will consider grade 3 children if places are available.

One of our aims is to help children prepare for the various school cross country competitions which will be held this term and next term, and to pass on information on events that may interest them.

The practice sessions will focus on skills, tactics and knowing how to run your best. The program is for children of all abilities who have an interest in improving their running. While the sessions are not overly demanding, children will need to be fit enough to enjoy physical activity for an hour and a quarter.

The sessions will be organized by Jim Court, a registered teacher and level 2 athletics coach, with the able assistance of members of the Northern Suburbs Athletic Club. If there is sufficient interest, a squad will be formed to continue cross country practice once a week during term 2.

All sessions will start at Tolosa Park starting at 10:45am and finishing at 12 noon. Sessions will be held on Tuesday 18th April, Thursday 20th April and Wednesday 26th April.

To register for these sessions and for more information:

Contact Jim Court: Phone 0417 098 512
Email: jcourt43@gmail.com

(Working with Vulnerable People (Child Related Activity) reg. no. 42987821)