

# Running Club 2018

Running Club commences on Wednesday 20 June and will run each Wednesday morning.

The club is open to students in Years 3 – 6 and is free of charge.

We will be training for the Interschool Cross Country competition, to be held on Thursday 9 August in Bunbury. Running in this Cross Country event is not compulsory, but students are encouraged to work toward this as a goal.

Parents please email Sporty Sarah at [Sarah.Williams@quintilianschool.wa.edu.au](mailto:Sarah.Williams@quintilianschool.wa.edu.au) including the following details.

Student name: \_\_\_\_\_

Year: \_\_\_\_\_

Parent name: \_\_\_\_\_

Parent mobile contact: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

*We will leave the school grounds at 8.00 am sharp on the bus (meeting at the back gates) and run at Perry Lakes. We will return to Quintilian just before the bell for the start of the school day.*

Please make sure your child has *running shoes, suitable running clothes, a change of clothing (in case we get wet), a water bottle, any asthma or other medication they may require.* In the event of heavy rain, training will take place at school in the undercover area.

Happy running!

Sporty Sarah

