Coach Approach Athletics Expo
Grades 3-6
Friday 7th August 2015

31st July 2015

Dear Parents,

As part of our athletics focus this term, and in preparation for the upcoming House and district athletics, all children in grades 3-6 will be involved in an athletics expo incursion on Friday 7th August 2015, run by Coach Approach.

The students will be coached by Australian athletes who are experts in their chosen sport. They will be rotated around five disciplines of athletics:

Triple/Long Jump
Shot Put/Discus
High Jump
Circular Relays and Starts
Hurdles

This will be followed by a reflection session with prizes and time to obtain the Athletes’ autographs (Autograph cards will be provided).

The cost of this event is covered by the Essential Items Component of the school fees. Please ensure your child has on suitable clothing to participate in sport (such as their school track pants/shorts and their school sports top), including running shoes, and a water bottle.

The grades 3 and 4 students will participate between 9:10 - 12:05p.m. the grade 5 and 6's taking their turn between 12:05 – 3:30. Please feel welcome to come along and watch your children if you wish.

Looking forward to a fun and informative Expo,

Mrs Melinda Downes
Sports Coordinator

Ms Gayle Cope
Principal