



Athletics– 3rd to 6th Class

Term 1 - 20th September 2017 to 24th Jan 2017

September, 2016

Dear Parents/Guardians,

We are delighted to offer Athletics this for 2 terms this year right through from Sept to mid June. As per last year, sessions will be run by David Bradshaw of Little Spartans. David Bradshaw is a level 2 Athletics Ireland coach with a successful track record coaching with Dundrum South Dublin Athletics Club. In recent years, David has also run a number of successful athletics programs in local south Dublin schools. The goals of the programme are to develop agility, balance, coordination and speed through specific drills, exercises and fun games. The program will include sprinting, long Jump, hurdles and Javelin and will be open to boys and girls.

Details:

- Please email olgpasport@gmail.com to sign up including “**Athletics**” in the subject title. Please include your **child’s class** and a parent/guardian **contact number** in your email.
- Places will be allocated on a **lottery basis** and will be confirmed via email prior to start date.
- **Payment must be made via EPP or at the first session** and not given to class teachers.
- The classes will be held in the halla. **Please note it is parent’s / guardian’s responsibility to bring/collect their children.**

Sport	Day and Time	Classes	Dates	Fee
Athletics	Wednesday 4.00pm -5pm	3 rd / 4 th	Sep 21 st – Jan 24 th	€35
Athletics	Wednesday 5.00pm -6pm	5 th / 6 th	Sep 21 st – Jan 24 th	€35

- **Trainers** and **tracksuit** may be worn by your child.
- The **total cost for the term is €35**.
- We will need **parent volunteers** to help with supervision. Without your help we will not be able to run this programme. A rota will be set up using www.signupgenius.com . More details will follow.

Thank you for your continued support.

Lisa Ryan and Aideen Peters

Activity Co-ordinators

Email: olgpasport@gmail.com