



Athletics– 3rd to 6th Class

Term 1 - 19th September 2017 to 23rd Jan 2017

12th September, 2018

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 Dave Bradshaw Running. 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 programmes 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:

- Athletics classes will take place on Wednesday and Thursday afternoons. Please email olgpasport@gmail.com to sign up including “Athletics” in the subject title and indicating whether you would like your child to be in the relevant Wednesday or Thursday class for their age. Please also include your **child’s class**, a parent/guardian **contact number** in your email; this information will not be used for any other purposes than the management of this class.
- Applications for the athletics class will close on **Friday 14th at 5pm**.

Sport	Day and Time	Classes	Dates	Fee
Athletics	Wednesday 4.00pm -5pm	3 rd / 4th	Sep 19 th – Jan 23 rd (T1)	€35
Athletics	Wednesday 5.00pm -6pm	5 th / 6th	Sep 19 th –Jan 23 rd (T1)	€35
Athletics	Thursday 4.00pm–5.00pm	3 rd – 6 th class	Sept 20 th – Jan 24 th (T1)	€35

- Places will be allocated on a **lottery basis** and will be confirmed via email prior to start date.
- The **total cost for each term is €35**.
- **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 in winter and on Rosemount green in the summer term. **Please note it is parent’s / guardian’s responsibility to bring/collect their children. Trainers and tracksuit** may be worn by your child.
- 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