



## Athletics – 3<sup>rd</sup> to 6<sup>th</sup> Class

### Term 1 - 18<sup>th</sup> September 2019 to 23<sup>rd</sup> January 2020

10<sup>th</sup> September 2019

Dear Parents/Guardians,

We are delighted to offer Athletics for 2 terms this year. As per last year, sessions will be run by David Bradshaw of Dave Bradshaw Running. The goal of the class is to develop agility, balance, co-ordination 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:

- Athletic classes will take place on Wednesday and Thursday afternoons in the school Halla for the full year. Payment is by EPP only

| Sport     | Day & Time         | Class           | Dates               | Fee | Location |
|-----------|--------------------|-----------------|---------------------|-----|----------|
| Athletics | Wed, 3:50 - 4:50pm | 3rd & 4th Class | 18th Sep - 22nd Jan | €45 | Halla    |
| Athletics | Wed, 4:50 - 5:50pm | 5th & 6th Class | 18th Sep - 22nd Jan | €45 | Halla    |
| Athletics | Thu, 4:00 - 5:00pm | 3rd - 6th Class | 19th Sep - 23rd Jan | €45 | Halla    |

- Closing date for applications is Thursday, 12<sup>th</sup> September at 6pm
- Places will be allocated on a lottery basis and will be confirmed via email by Monday, 16<sup>th</sup> Sep
- Trainers and school tracksuit may be worn by your child.
- To apply for a place, please email [olgpasport@gmail.com](mailto:olgpasport@gmail.com) with ATHLETICS in the title, please indicate your preferred class and provide Child's name, class number, Parent/Guardian name and Parent/Guardian contact number in your email. By providing this number you are allowing us to keep your contact details on file and if necessary provide the number to the coach David Bradshaw in the event that he needs to contact you in relation to 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](http://www.signupgenius.com), more details will follow

Thank you for your continued support.

OLG Athletics

Email: [olgpasport@gmail.com](mailto:olgpasport@gmail.com)