20\textsuperscript{th} March 2015

Dear Parents,

Your child has been selected to represent Holy Family at the North Shore Cluster Cross Country Carnival. The Carnival will be held on Tuesday 5\textsuperscript{th} May (Term 2, Week 3), at St Ives Show Ground.

All students will be travelling to and from the Show Ground by bus and it is important that all children be at school on time. The carnival will begin at 10am and it is estimated to conclude by 2pm. The fastest runners for each event will be selected to represent our cluster at the Diocesan Carnival to be held on Tuesday 19\textsuperscript{th} May (Term 2, Week 5) at Fagan Park, Galston.

Students need to wear their sports uniform and hat, sunscreen as well as bring their morning tea/lunch and plenty of drinks for the day, as there will be no canteen facilities. There will be a coffee van available on site. Students with asthma are required to run with their inhaler in their pocket.

An approximate timetable for the day is below:

- 10 am  All children to walk the Course
- 11 am  8 years Girls  2km
- 11.15 am  8 years Boys
- 11.30 am  9 years Girls
- 11.45 am  9 years Boys
- 12 noon  10 years Girls
- 12.15 pm  10 years Boys
- 12.30 pm  11 years Girls  3km
- 12.40 pm  11 years Boys
- 1 pm  12/13 years Girls
- 1.10 pm  12/13 years Boys

Kind regards

Stefanie Camden - PDHPE Coordinator

PTO for some training advice

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**NORTH SHORE CLUSTER CROSS COUNTRY CARNIVAL 2015**

(to be returned to Miss Camden)

I give permission for ____________________________ of class _______ to attend the North Shore Cluster Carnival at St Ives Show Ground on Tuesday 5\textsuperscript{th} May, 2015. I understand that my child will be travelling to/from the carnival by bus, unless specified below.

- [ ] I will be transporting my child to the carnival.  -  
- [ ] I will be transporting my child home after the carnival

Signed ________________________________  Contact number ____________________________

Cross Country Cluster Permission Note 2015
CROSS COUNTRY TRAINING FOR 2/3 KM EVENT

Start Week 9, Term 1 (Week 1):
   It is a good week to do lots of running but not fast.
   Go for a jog for about 20 minutes. Run for 10 minutes then do the same distance again. Try to keep jogging and get into a rhythm, rather than go fast and have to stop and walk because you cannot maintain the pace.
   SLOW AND STEADY WINS THE RACE!!
   Remember to stretch before and after you train!
   Make sure you include your hamstrings, calves, quadriceps and hip flexors.
   If you could do this three-four times this week, you are doing really well!

Week 2:
   Try to find a 1 kilometre course. (eg 2 laps of a big oval)
   This week you are going to do 1km then rest for 4 minutes and do it again 3 or 4 times, so that you are running 4/5 km each session.
   When you are training try to do more than the required distance at a slower pace. This is great to do with a friend because you can motivate each other- even talk!

Week 3 and 4 (Holidays):
   Now is the time to start going faster!
   Try running 1 km for your warm up. STRETCH
   500m Intervals: Do 500m then rest for 3 minutes, then repeat.
   Do 4-6 of these intervals then finish with a jog and a stretch.
   As it is school holidays try to do this at least twice and more if you are not doing any other sport.

Week 5-6
   Stretch first then run 1km, rest for 3 minutes, then run 500m, rest for 2 mins, then 1km, rest, then 500m and if you are training for the 3km event do one more km, rest, and 500m. Stretch!! 2-3 sessions each week.

Week 7: Cluster Cross Country!
   Go for light jogs. Eat plenty of carbohydrates (pasta, bread). Do nothing to tire you out a couple of days before the race. Stretch.
   On race day set your own pace and try to get into a rhythm quickly and remember breathing in nose out mouth. On your last km pick up your pace and go for it!

Enjoy your running and Good Luck!

Miss Camden