

CROSS COUNTRY TRAINING DATES

Thank you for being proud to represent our school.

You can come along to the following
sessions to prepare for your run!

**PLEASE COME IN VIA THE SCHOOL GATE ON WESTFIELD ROAD AND
NOT THROUGH THE MAIN RECEPTION DOOR**

| DATE | TIME | YEAR GROUP |
|--|--------------|------------|
| 17 th September | 8:20* – 8.35 | ALL |
| 24 th September | 8:20* – 8.35 | ALL |
| 1 st October | 8:20* – 8.35 | ALL |
| Cross country on the 5 th October | | |
| 8 th October | 8:20* – 8.35 | ALL |
| 15 th October | 8:20* – 8.35 | ALL |

*if you attend breakfast club, you must tell the breakfast club staff that you will be attending the cross-country training as well.

DO NOT LEAVE BREAKFAST CLUB WITHOUT TELLING A MEMBER OF STAFF

REMEMBER:

- ✓ Arrive on time and **in your running kit**
- ✓ A carrier bag for muddy trainers!
- ✓ Your school uniform to change into after running

SESSIONS WILL BE ON THE FIELD OR IN THE PLAYGROUND, DEPENDING ON
THE WEATHER.

**IF IT IS RAINING HEAVILY, THEN YOU CAN ASSUME THAT THERE WILL BE NO
TRAINING.**

Go Team Garlinge!!

Mrs Sparkes

PE and school sport leader