

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
THURSDAY 28 TH FEBRUARY	8:20* – 8.35	ALL
THURSDAY 7 TH MARCH	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 Mileham

PE and school sport leader