



25th February 2019

Dear Parents and Carers

Girls Running Club

The girls running club will start again at 8.00am this Thursday, 28th February (we won't meet on Thursday 7th March as we will all be dressed up for World Book Day). We will be training on school premises, but we will also be leaving the school grounds, running around the local area and using the large playing fields behind the Duston Trilogy Sports Centre. Please note that we will go out and train whatever the weather!

The sessions will cover a variety of running skills, involving both endurance and interval training. The girls will also take part in fun activities to build their overall strength.

Your child does not need to be a keen runner already; all I ask is that they show a willingness and commitment to have a go. They need to wear comfortable trainers and clothing and bring their own water bottle. A light waterproof jacket or hoodie would be advised as it can still be quite cool in the mornings. If children are not dressed appropriately they will not be able to take part.

This club will be free of charge but there will be limited places available. If you would like your child to take part then please fill in the form below and hand it back to the office by 9.00am on Wednesday 27th February. Places will be allocated on a first come first served basis; I will contact you on Wednesday to confirm whether or not your child has a place.

Yours sincerely

Cath Wardell
PE Lead/Coordinator

'This Girl Can' Running Club – Thursdays 8.00am

My child in class would like to join the 'This Girl Can' Running Club.

Signed Date

