



ST. BRIGID'S
COLLEGE

SBC ATHLETICS TEAM ATHLETICS TRAINING

Dear Parents/Guardians

Due to your daughters outstanding performance in the St Brigid's College Interhouse Athletics Carnival, she has been selected to be a part of the St Brigid's College Athletics Training Squad for 2019. This year we have partnered with specialist coach, Paul Sheppard to run coaching sessions focusing on sprints and middle distance. We also have very qualified staff to provide assistance and expertise.

The training days and times will be as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning (7:15-8:15am)		Middle Distance, Throws		Middle Distance	
Lunchtime (1:00-1:30pm)	High Jump				
Afternoon (3:30-4:30pm)		Sprints, Long Jump		Sprints, Long Jump, Throws	

It is highly encouraged that your daughter attends as many sessions as possible. These training sessions will provide a great opportunity for improvement. Not only will we be working on improving individual skills, but we will also work to progress as a team.

In week 5, we will be holding a mandatory session on Tuesday, 20th August. The squad will be selected at the end of week 5. The final squad selected will represent St Brigid's College at the annual Mazenod Meet in week 7 as well as the ACC 'Division A' Interschool Athletics Carnival in week 9 of Term 3.

Final selection will be based on:

- Attendance at training sessions
- Effort and attitude applied to each training session
- Individual improvements/overall ability

If you have any queries regarding athletics training, please do not hesitate to contact me on (08)9290 4229 or via email on caine.leanne@stbrigids.wa.edu.au.

Yours sincerely

Leanne Caine
Sport Coordinator

1 August 2019