

Sprint Training Programme Year 5-8 (Term 1, 2020)

Dear Parents and Caregivers,

Registrations for are now being taken for the Year 5-8 Sprint Training (Speed, Agility and Power for Sport) Programme for Term 1.

This programme teaches students correct techniques for development of Speed, Agility and Power, so students can apply these skills in their chosen sport(s).

Personal Fitness development will be an integral part of the programme.

The programme will involve assessment of each individual, technique development, and learning how to apply technique through individual skill activities, pair and small group work. Students also then apply techniques learned to larger group game activities.

Location: Pinehurst School Gymnasium

Day: Monday

Times: 7:30am – 8:20am

Dates: 8 weeks
Monday 17th February 2020 – Monday 6th April 2020

Uniform: Pinehurst PE Uniform / Suitable sports footwear

Cost: \$40.00 per student (charged to your school account)

Registration: **Limited spaces available**

Registrations will close when programme reaches capacity

**Registrations will be taken in date / time order of receipt*

Please register online through the Pinehurst School website -

[Click here to register](#)

It is important to note when registrations close, Pinehurst School then commits the players to the event/sport and therefore has to honour these fees. If you were to withdraw your child after the registration closing date and ask for a refund, this would mean other parents are effectively paying for this fee. To be fair on other parents, students and their families, Pinehurst School will under no circumstances, refund deposits or monies paid after the registration closing date.

Kind regards,

Kelly Lindsay

Sports Coordinator Yr 1 - 8

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