**NCC 2019 Athletics After School Program**

This year we are introducing an after school athletics program. For any students interested please see below information:

**Age Groups: Year 3 (born in 2010) to Year 12**

**Training Times:** Training will commence Friday 29 March (Week 9, Term 1) and continue every Friday until 28 June (Week 9, Term 2).

**Junior School**

* Junior school students will meet underneath the music building by 3.00pm and will be escorted down to the Secondary Oval. Session will conclude at 3.50pm.

**Secondary School**

* Secondary students to meet on Secondary Oval by 3.20pm. Session will conclude by 4.20pm.

\***Please note: Any amendments to training days i.e. inclement weather, parents and students will be notified via the NCC APP.**

**Cost:**

There is a **$100.00** cost associated with this activity, to be paid by **Friday 22 March 2019** via Flexischools.

**Transport:**

It asked that students are picked up from the Secondary Oval by the conclusion of the session (Junior School Students at 3.50pm and Secondary School Students at 4.20pm)

**Uniforms:**

Students can wear their sports uniform or appropriate clothing to train in. Students are permitted to wear spikes (Short spikes only are to be worn on the Tartan Long Jump) or joggers

**Three Strike System:**

If students do not attend training and have not informed the coach prior to, they will be issued with a strike. Behaviour, which is deemed to be in violation to NCC behaviour guidelines, will be issued with a strike. Lateness will be issued with half a strike. If students incur 3 strikes, they have not met the required standards of conduct to continue training, and will be asked to leave for the remainder of the season.

**Permission:**

Parents are to complete the online permission form by **Friday 22 March.**

Kind regards,

Tim Lanham Emily Perry

Head of Sport Junior Sports Coordinator