



Sport Programs for Term 2 2020

Please find below a listing of Sports programs which will be moving to face to face, on-campus sessions in **Week 4, starting from next Monday 18 May**. Additional programs will be added from Week 5 and information about these programs will be sent during Week 4.

All programs will require a registration via the online registration system through *MyPymble*. We recognise that due to the changing circumstances, we have requested registrations for Term 2 Sports multiple times. We have tried to minimize this impact by utilizing previous or current registrations where possible. Check the registration requirements of your sports in the table below. If required, registrations must be completed by a parent before a student can attend any sessions. Due to social distancing restrictions, we have a strict limit on the capacity of each session relative to the number of staff available. If your daughter attempts to attend a session she is not registered for, she will unfortunately be unable to participate in the class and will need to return home.

[Click here to access the online registration system](#)

(Parents only; login required)

During the sessions, we will be practicing strict restrictions to keep our students and coaches safe. Students must adhere to the following guidelines:

- Please bring a towel and a drink bottle to every session
- Always maintain the 1.5 metre social distancing rule
- No more than nine students per coach
- Hand sanitising pumps and wipes will be available at every session
- Athletics: no sharing of equipment for Throws sessions and equipment wiped down at the end of every session. Additionally, the High Jump bags will be wiped after every session
- Tennis: students should bring their own racquet as sharing is not allowed

Programs beginning from WEEK 4, MONDAY 18 MAY	
Sport	Sessions Available
Athletics/ Cross Country	<p><u>Preparatory School</u> – Athletic Skill Development sessions Tuesday 7.40am to 8.20am – Main Oval Thursday 7.40am to 8.20am – Main Oval Friday 7.40am to 8.20am – Main Oval</p> <p><u>Junior School</u> Monday 6.45am to 7.50am – Throws – Kelso Field Tuesday 7.00am to 7.50am – Sprints/Hurdles/Distance/Cross Country/Intro to Jumps and Throws – Main Oval Wednesday 3.30pm to 5.00pm – Distance/Cross Country – Main Oval Thursday 7.00am to 7.50am – Sprints/Hurdles/Distance/Cross Country/Intro to Jumps and Throws – Main Oval Thursday 3.30pm to 5.00pm – High Jump or Throws specialist sessions – Kelso Field Friday 6.45am to 7.50am – Long and Triple Jump – Main Oval</p>



	<p><u>Secondary School</u> Monday 6.45am to 7.50am – Throws specialist session – Kelso Field Monday 3.30pm to 5.00pm – Distance/Cross Country – Main Oval Tuesday 6.30am to 7.50am – Distance/Cross Country or Sprints/Hurdles sessions – Main Oval Wednesday 3.30pm to 5.00pm – Distance/Cross Country – Main Oval Thursday 6.30am to 7.50am – Distance/Cross Country or Sprints/Hurdles sessions – Main Oval Thursday 3.30pm to 5.00pm – High Jump or Throws specialist sessions – Kelso Field Friday 6.45am to 7.50am – Long and Triple Jump – Main Oval</p> <p><i>Registrations are required via the online registration system for some students. For all year groups, current Yearly and Term 2 registrants have automatically been registered to provide access to these sessions. Students wishing to join will need to be registered by a parent via the online registration system. Registration provides students with access to all sessions offered for their year group. No charges will apply for Athletics in Term 2.</i></p>
<p>Health and Fitness</p>	<p><u>Outdoor Gym Sessions – Years 7 to 12</u> Monday 6.45am to 7.45am – Meet at the Sports Canteen Wednesday 6.45am to 7.45am – Meet at the Sports Canteen Friday 6.45am to 7.45am – Meet at the Sports Canteen</p> <p><u>Outdoor Boot Camp Sessions – Years 3 to 12</u> Tuesday 3.30pm to 5.00pm – Kelso Field Thursday 3.30pm to 5.00pm – Kelso Field</p> <p><i>Registrations are required via the online registration system. There is a limit of 18 students per Gym session and 27 students per Boot Camp session. Students can select to attend one Gym session and one Boot Camp session per week. No charges will apply for Health and Fitness in Term 2.</i></p>
<p>Tennis</p>	<p><u>Private and Semi-private Tennis Lessons</u> There is limited availability during this time. Sessions are available Monday to Friday at the following times: 6.30am – Years 3 to 12 7.15am – Kindergarten to Year 6 4.15pm – Year 3 to 12 5.00pm – Year 3 to 12</p> <p><i>Registrations are required via the online registration system for some students. Any students who have already registered for a Term 2 lesson will not have to register again. All sessions will be 45 minutes in length. Families will be contacted by the Tennis Co-ordinator to arrange which session their daughter will be allocated to as per the normal process.</i></p> <p><u>Charges for Private and Semi-private Tennis Lessons</u> Charges for Private and Semi-private Tennis Lessons will be applied during Term 2. A pro-rata charge will be applied at the regular rate for 45 minute sessions. Confirmation of the charge will be communicated to you before your first session.</p>