



Athletics Club

The focus of the Pymble Prep School Athletics Club is on introducing girls of all abilities to the joys of the fundamental movements of running jumping and throwing.

The youngest Pymble athletes can start their day with 40 minutes of directed play, leaving them energised for a day in the classroom. The girls will learn the ABC's of athleticism; agility, balance and coordination. Early confidence in these movements will lead to a love of sport and fitness for life.

A typical session starts with an active warm up. Speed is enhanced with footwork drills and a series of exercises to develop correct running technique and form. Fitness improves quickly in relays and games. The girls are introduced to the basic skills and aspects of long jump, hurdles and the throws. The emphasis of each session is fun.

This activity will also be available for registration in Term 2, Term 3 and 4.

Program Co-ordinator	Mrs Katie Edwards kaedwards@pymblelc.nsw.edu.au
Coaching Co-ordinator	Ms Deborah Walsham
Term/s	Full Year (Terms 1 to 4) or Term by Term
Years	Kindergarten to Year 2
Days/Times	Tuesday 7.40am to 8.20am Thursday 7.40am to 8.20am Friday 7.40am to 8.20am Girls can attend 1, 2 or all 3 sessions each week. Consistency is encouraged to maximise benefits, however it is not a requirement to specify which days your daughter will attend and participation may vary from term to term.
Cost	\$103.00 per term or \$300.00 full year (4 terms)
Program Dates (Start/End)	Term 1: Tuesday 7 February* to Thursday 6 April Term 2: Wednesday 2 May to Friday 23 June Term 3: Tuesday 18 July to Thursday 21 September Term 4: Tuesday 10 October to Friday 2 December *Kindergarten starts on Tuesday 13 February
Uniform	Girls should be dressed in sports uniform, and tracksuit when cold
Venues	Girls should meet their coaches at the shelter under the GMCPA. Girls will be escorted to the Prep School at the end of the session. Girls can also be collected from before school care.
Further Information	All girls should bring a drink bottle and a snack (such as yoghurt, banana or sandwich) to eat following their session