



## Athletics and Cross Country

Pymble has built a reputation as providing one of the strongest school based Athletics and Cross Country programs in Australia. In 2016, Pymble convincingly won the prestigious IGSSA title in Athletics and were a very close second in Cross Country. At a National level in Athletics, six Pymble athletes were selected to represent NSW at the Australian All Schools Championships. A further 24 athletes represented Pymble and NSW at the National Knock Out competition in Canberra. In Cross Country, seven Pymble athletes competed at the NSW All Schools Cross Country Championships.

Pymble Athletics and Cross Country offers year round training by dedicated and experienced coaches in Sprints, Hurdles, Distance, Jumps, Throws and Strength and Conditioning. A variety of both low key and more competitive opportunities are available to athletes in both the IGSSA and Athletics NSW systems.

New to our team of coaches in 2017 includes **Melinda Gainsford Taylor** (three time Olympian), **Laurie Barclay** (President NSW Throws Club and a Level 5 Throws coach), and **Leanne Pejko** (Level 3 Jumps coach and Exercise Physiologist).

It is not essential that squad members compete and all girls at Pymble are invited to join in Athletics and Cross Country sessions to enhance speed, power and fitness for other sports or simply to enjoy the feeling of getting fitter and making new friends.

The Pymble Cross Country and Athletics Program has a vibrant, team oriented focus. In 2017, a welcome BBQ breakfast will be held in Term 1, Camps and Holiday Programs will be organised and the IGSSA Athletics and Cross Country Dinner in Term 3.

Program Co-ordinator	Mrs Katie Edwards <a href="mailto:kaedwards@pymblelc.nsw.edu.au">kaedwards@pymblelc.nsw.edu.au</a>
Coaching Co-ordinator	Ms Deborah Walsham
Term/s	Full Year (Terms 1 to 4) or Term by Term
Years	Year 7 to 12
Days/Times	Please see schedule below
Cost	\$130.00 per term or \$415.00 full year (4 terms – this is available for students who register in Term 1 only). The cost includes strength training, holiday training as well as Friday Night Athletics competitions, carnival transport and entries.
Program Dates (Start/End)	Term 1: Wednesday 1 February to Thursday 6 April Term 2: Wednesday 26 April to Friday 23 June Term 3: Monday 17 July to Thursday 21 September Term 4: Tuesday 10 October to Friday 2 December Holiday training will be at the end of each term. Students who register term by term will be included in holiday training period. This will be notified to students on their termly registration.

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Competition Schedule (2017)	<p>Secondary School Cross Country Championships: Wednesday 1 March</p> <p>IGSSA Cross Country: Friday 12 May</p> <p>Secondary School Athletics Carnival: Thursday 25 May</p> <p>NSW CIS Cross Country: Thursday 15 June</p> <p>NSW All Schools Cross Country: Friday 21 July</p> <p>IGSSA Friday Night Athletics Series: 21 July to 11 August (TBC)</p> <p>IGSSA Athletics Carnival: Wednesday 16 August and Thursday 17 August</p> <p>Pymble Athletics End of Season Celebration BBQ: Thursday 17 August</p> <p>NSWCIS Athletics Championships: Wednesday 20 September</p> <p>ANWS Schools Knock Out Championships: TBA</p> <p>NSW All Schools Athletics Championships: TBA</p>
Uniform	<p><b>Training:</b></p> <p>House T-shirt or Saturday Sport T-shirt or Athletics T-shirt (\$25.00)</p> <p>Navy shorts or black compression tights (available from Sport and Activities Department)</p> <p>Suitable running shoes</p> <p><b>Competition:</b></p> <p>Pymble Crop top or singlet</p> <p>Pymble bike pants</p> <p>School Tracksuit and/or Athletics/Cross Country Hoodie (\$65.00)</p>
Venues	For training locations, please see schedule below.
Further Information	Fitness Centre Access: Students registered for Athletics in 2017 will be given access to the Fitness Centre throughout their registered term.

ATHLETICS & CROSS COUNTRY – TERM 1 TRAINING TIMETABLE				
Monday	Tuesday	Wednesday	Thursday	Friday
6.45am to 7.50am <b>Throws</b> (Kelso)	6.30am to 7.50am <b>Distance/ Cross Country</b> (Main Oval)		6.30am to 7.50am <b>Distance/ Cross Country</b> (Main Oval)	6.45am to 7.50am <b>Long/Triple Jump</b> (Main Oval)
	6.45am to 7.50am <b>Sprints &amp; Hurdles</b> (Main Oval)		6.45am to 7.50am <b>Sprints &amp; Hurdles</b> (Main Oval)	6.45am to 7.50am <b>Strength</b> (Fitness Centre)
3.30pm to 5.00pm <b>Distance/Cross Country</b> (Main Oval)		3.30pm to 5.00pm <b>Distance/Cross Country</b> (Main Oval)	3.30pm to 5.00pm <b>High Jump</b> (Kelso)	
3.30pm to 5.00pm <b>Strength</b> (Fitness Centre)		3.30pm to 5.00pm <b>Strength</b> (Fitness Centre)	3.30pm to 5.30pm <b>Throws</b> (Kelso)	
<i>Please note: this timetable may change or vary due to coaches availability</i>				