5 February 2016

Dear Parent/Guardian

Hunter Valley Grammar School is again encouraging beginning, intermediate and advanced runners to participate in our school Running group during Semester 1 2016. Students will complete a set program each week which targets a variety of running training to improve performance in both short and long distance runners. A weekly program outline will be available to students once they have registered for this activity.

Students will be encouraged to participate in events outside HVGS such as the parkrun, Newcastle Running Festival and Maitland River Run.

**Relevant information for parents**

**Registration costs:** Nil cost for the program at school
Purchase of team running singlet to wear at training and events outside HVGS, TBC once group numbers are established.

**Competition dates:** Term 1 and Term 2 2016

**Training Times:**
- Tuesday pm session - 3.15pm-4.15pm
- Thursday am session – 7:30 – 8:15am
Students may choose to commit to 1-2 sessions at school for this activity.

**Uniform:** HVGS sports uniform and team running singlet are required for training. All students must have appropriate footwear, hat, water and access to a GPS watch or phone to map their runs using STRAVA.

**Training:** Meet on Rugby Oval
Training will run from the 16th February 2016

**Coaches:** HVGS staff will conduct coaching however parent coaches are encouraged to assist. HVGS requires coaches to complete Child Protection forms and agree to the philosophies of HVGS.

**Parent commitment:** Parents will be required to transport their child to and from training and events which students are participating in such as parkrun and running festivals.

If you have any further questions please call Mrs Hassett or Mr Burgess at school on 4934 2444 or email Mrs Hassett at hassettr@hvgs.nsw.edu.au

Yours sincerely

Rebecca Hassett
Teacher in Charge – Running

Tony Burgess
Director of Sport 7 - 12

Brett Blake
Director of Administration
REGISTRATION INFORMATION – RUNNING GROUP
(Please return to Mrs Hassett or Mr Burgess by Friday 12th February)

PARTICIPANT INFORMATION

Name: ___________________________________________________________________________

DOB: _____________________________________________________________________________

Class: ____________________________________________________________________________

Running experience: ________________________________________________________________
__________________________________________________________________________________

MEDICAL INFORMATION

Does your child suffer from a medical condition that the coach should be aware of? If yes, please state condition and any other information.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

PARENT INFORMATION

Name: _____________________________________________________________________________

Emergency contact number: _________________________________________________________

Signature: ______________________________ Date: ________________

Parent/Guardian