

## Sprint Training Speed, Agility & Power Programme for Sport Year 5-8 Term 4, 2018

Dear Parents and Caregivers,

Registrations for are now being taken for the Year 5-8 Speed, Agility and Power Programme for Sport (Term 4).

This programmes teaches students correct techniques for development of Speed, Agility and Power, so students can apply these skills in their chosen sport(s). Personal Fitness development will be an integral part of the programme.

The programme will involve assessment of each individual, technique development, and learning how to apply technique through individual skill activities, pair and small group work. Students also then apply techniques learned to larger group game activities.

Location	Pinehurst School Gymnasium
Days	Monday
Session Time	7:30am – 8:20am
Season Dates	Monday 29 <sup>th</sup> October – Monday 26 <sup>th</sup> November (5 weeks)
Uniform	Pinehurst PE/House Top and PE Shorts Footwear - Sports shoes
Fees	\$ 25 per student (5 weeks)
Registrations	Please register online via the Pinehurst Website <a href="#">Click here to register</a>
Registrations close	<b>Monday 24<sup>th</sup> September 2018</b>

Kind Regards,

Kelly Lindsay  
Sports Coordinator Year 1-8  
PINEHURST SCHOOL