



SNOWY
MOUNTAINS
GRAMMAR
SCHOOL
CHALLENGE BELONG EXPLORE

28th September 2009.

Dear Parents and Students

Sport for Students in Years 5 and 6

In Term 4 the sport day for students in years 5 to 11 will be Wednesday. Students should come to school in their Sports uniform each Wednesday. The program will be as follows:

Weeks 1 – 6:

Students will be given instruction in **Trampolining and Gymnastics** at the Sport and Rec Gym. Qualified Instructors will lead the students through some basic moves in both these disciplines during the afternoon sport sessions.

Week 7:

Training Session at Thredbo – compulsory attendance to familiarise students with the track they will be following for the Thredbo Run. Students will also have several training runs during Weeks 6 and 7 at times to be arranged.

Week 8:

Thredbo Run

The cost of the sport program for Term 4 is \$50 and this will be charged to student accounts.

Students may wish to join the **Mountain Bike Squad** or the **Equestrian Program** on Wednesday afternoons. Please complete the slip below and return to your classroom teacher if you would like to be included in one of these programs. Please note that Horse Riders are required to have their own horse. Sessions will be held at the Jindabyne Pony Club grounds and horses can be left there for the day. The Equestrian program runs each week on Tuesday afternoons from 4 – 6pm and during sport time each Wednesday. The cost of the program is \$20 per session. Details of the Mountain Bike program can be obtained by contacting Mr Levick at the school. Costs for this program are charged directly by the provider.

Mrs West
Director of Sport