

## Every Friday Morning during school term 7-45am -8.30am

Option to walk/run or ride a 3km loop. This training is considered fitness training which can be counted in your log books.

For the safety of our riders, they will be grouped in teams of similar abilities. They **MUST** remain in their groups and not leave the rest of their team behind. Likewise, if one team member falls behind, the others must ride with them until they come across one of our walking teams. At that point the responsible adult of the team will make an assessment as to whether the rider rides with the walking team or continues with their cycling team. Please ensure you discuss this with your child and check that they understand why we have this safety rule.

**Please note** – if rain has been falling overnight Thursday, or the weather report on the Thursday night is forecasting rain either on the Thursday evening or Friday morning, bike training will be cancelled for that week. The course can become muddy and slippery when wet and we do not want students having to go to school muddy or wet. This is for their safety and comfort. In place of bike training, we will be using the COLA and doing fitness training including relays and ball work.

As we have use of the COLA, training will continue in either mentioned form, regardless of the weather (unless extremely windy in which case all training will be cancelled that day). If anyone (parents or riders) has ideas on fitness games they would enjoy doing in the COLA on wet weather days, please speak to Ali.

Meet at the shelter on the upper oval (end of Campus Drive) no later than 7.45am.

Those that are riding, please bring

- your bike
- safety helmet
- glasses
- wear suitable footwear
- comfortable clothes may be worn (please ensure you bring correct school clothes to change into after practice).
- water filled bottle

Those that are walking, please ensure you have

- suitable footwear for walking/running
- comfortable clothes as above
- water filled drink bottle

There will be parents and a possibly a teacher either on bikes or walking the course each week. If any parents would like to join in the sessions to encourage the students or just to improve your own fitness, please contact Ali on 0416 175252 and advise availability, or just turn up on a casual basis.

Term 2 Friday		Term 3 Friday	
<b>NO TRAINING</b>	Wk1	<b>26/7/13</b>	
<b>10/5/13</b>	Wk2	<b>2/8/13</b>	<b>REST DAY (28/7 Race)</b>
<b>17/5/13</b>	Wk3	<b>9/8/13</b>	
<b>24/5/13</b>	Wk4	<b>16/8/13</b>	
<b>31/5/13</b>	Wk5	<b>23/8/13</b>	
<b>7/6/13 Rest Day (2/6 Race)</b>	Wk6	<b>30/8/13</b>	
<b>14/6/13</b>	Wk7	<b>6/9/13</b>	
<b>21/6/13</b>	Wk8	<b>13/9/13</b>	
<b>28/6/13</b>	Wk9	<b>20-22 September</b>	<b>24 HR RACE</b>
<b>5/7/13</b>	Wk10		