

JOIN OUR TEAM...

WHAT? Bambara Running Club

Running Club is a FREE before-school activity that kids and their families can do together! This year it will be even more fun and exciting with additional activities including:

- Circuit Training
- Endurance Training (Laps)
- Cross Country
- Interval Training



WHO? Bambara Running Club is for Everyone!

The more involvement and commitment we get from families the better our club will be. Everyone is welcome including; students, parents/guardians, siblings and grandparents. Volunteers willing to help out with the morning events will be greatly appreciated.

WHEN? Mondays & Thursdays, 7:50am to 8:30am

WHERE? School oval

Bambara Running Club is held in and around the school. We meet at the steps near the school oval. Stay tuned for special events throughout the year - like Family Beach Runs and Weekend ParkRuns!

WHY? A great start to the day!

- Get your heart pumping and your brain firing!
- Get fit and healthy!
- Train for weekend and school sports.
- Be part of a team!
- Earn rewards and reach personal / team goals.
- Have fun with your friends and family.

BRING... A Smile & Lots of Energy!

Wear your school uniform and appropriate running footwear. Don't forget your water bottle. If the grass is wet, you may need to pack a spare pair of shoes and socks to change into.

Join the school Facebook group to keep up to date with news & information:



For more information, speak to any of the Running Club Coordinators:
Nikki Boulton, Danielle Bardsley or Racquel Sutton

BAMBARA RUNNING CLUB REGISTRATION FORM

Student Name: _____

Class: (please tick)

- | | |
|--|--|
| <input type="checkbox"/> Kindy, ECE1 | <input type="checkbox"/> Year 3, Room 3 |
| <input type="checkbox"/> Pre-Primary, ECE5 | <input type="checkbox"/> Year 4/5, Room 10 |
| <input type="checkbox"/> Year 1, ECE4 | <input type="checkbox"/> Year 5/6, Room 9 |
| <input type="checkbox"/> Year 2, Room 2 | |

What motivates you to join Running Club?

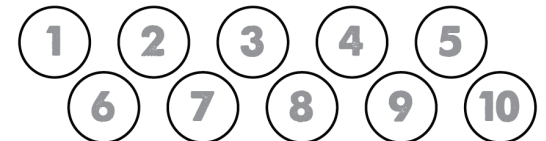
- | | |
|---|--|
| <input type="checkbox"/> Have fun | <input type="checkbox"/> Free Breakfast Club |
| <input type="checkbox"/> Improve fitness and endurance | <input type="checkbox"/> Earn rewards / tokens |
| <input type="checkbox"/> Perform better at sports carnivals | <input type="checkbox"/> See Mr Prokojes dab! |
| <input type="checkbox"/> Other _____ | |

FOR OFFICE USE ONLY

SEMESTER TWO

VIP BREAKFAST CLUB PASS

to qualify you must attend at least 10 sessions per semester.
Don't worry, we will keep track of it for you.



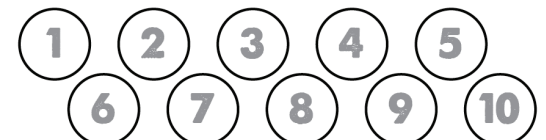
CONGRATULATIONS _____

YOU HAVE EARNED IT!

SEMESTER ONE

VIP BREAKFAST CLUB PASS

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