

Frieth School, children's x-country running club needs you.

Dear Parents/Guardians

We are running the lunch time x-country club again from September 16 for all children in years 4-6.

This is a parent led activity which relies on parent volunteers to enable us to take children of all levels of fitness and ability out of school one lunch time per week.

We run for 30 minutes around the beautiful Frieth countryside, incorporating other fitness activities such as circuits, time trials and fun ways to improve fitness levels and basic knowledge.

A basic level of fitness is beneficial, you don't have to be a runner to join us.

In addition, the school are part of a x-country league and race a 4-5 times a year on a Thursday afternoon. Again transport and adult ratios are parent led.

If you are able to support the school x-country running club. Please complete the slip below indicating your availability and return via the school book bags.

Thank you for your support.

Justine & Fleur

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Name:Childs year:

Email:Contact No:

Please delete as appropriate.

I am available on a Tuesday Lunch time between 12-1.

And/or

I am available for Transport on a Thursday afternoon (timings approx. 1-5PM)

Please can you indicate how often you are available, i.e. every week, once a month
etc.....