

## JOHN XXIII 2017 CROSS COUNTRY

**SSWA: FRIDAY 19 MAY**

**ACC: THURSDAY 1 JUNE**

Dear Students/Parents,

Training for the carnivals has been in full swing during Term 1. A copy of the program for the school holidays is below and Term 2 overleaf. If you are in Perth during the holidays, and you are aiming to make the interschool team, you are encouraged to attend.

***-Carnival performance***

***-Training commitment***

***-Training attendance***

If you are away during the holidays please try and follow the sessions we will be doing in the boxes listed below.

Students are not required to attend all sessions but are encouraged to make as many sessions as possible. Training attendance will help with their performance when it comes to the interschool competitions.

Holiday Training;

Tuesday – 11 April	Thursday – 13 April	Tuesday – 18 April	Thursday – 20 April
Meet 8.00am at JTC	Meet 8.00am at JTC	Meet 8.00am at JTC	Meet 8.00am at JTC
<ul style="list-style-type: none"><li>- 5 x 1km intervals</li><li>- Rest for as long as you ran.</li><li>- Work as hard as possible.</li><li>- (2 laps of football oval)</li></ul>	25-30-minute run. Total distance of 5 - 6km.	<ul style="list-style-type: none"><li>- 5 x 1km intervals</li><li>- Rest for as long as you ran.</li><li>- Work as hard as possible.</li><li>- (2 laps of football oval)</li></ul>	25 - 30-minute run. Total distance of 5 - 6km.

Along with the program listed above. Try to make sure you repeat one of the sessions above at some point on the weekend if you are not involved in community sport.

Yours sincerely,

The Cross Country Team

Contact; Phone 9383 0490 or [maxwell.david@johnxxiii.edu.au](mailto:maxwell.david@johnxxiii.edu.au); [haines.cameron@johnxxiii.edu.au](mailto:haines.cameron@johnxxiii.edu.au)  
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### **JTC Cross Country Training Program – Term 2, 2017**

For Term 2 in 2017 we are going to trial a move to training on Monday, Wednesday and Friday.

On Monday and Friday there will be training available away from the College. Please note; that the bus will leave to time. If you are late there will always be a training available at the College starting slightly later.

<b>Week</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
<b>1</b>	<b>24 April</b> Holiday – No training	<b>26 April</b> ALL – JTC @ 7.00am	<b>28 April</b> <b>John XXIII College House Cross Country Carnival</b>
<b>2</b>	<b>1 May</b> Offsite - 6.40am @ JTC – Kings Park (Synergy Park) College Training – 7am	<b>3 May</b> ALL – JTC @ 7.00am	<b>5 May</b> Offsite - 6.40am @ JTC – Kings Park (Synergy Park) College Training – 7am
<b>3</b>	<b>8 May</b> Offsite - 6.50am @ JTC Hockey Clubrooms (Alderbury Reserve) College Training – 7am	<b>10 May</b> ALL – JTC @ 7.00am	<b>12 May</b> Offsite - 6.50am @ JTC Hockey Clubrooms (Alderbury Reserve) College Training – 7am
<b>4</b>	<b>15 May</b> Offsite - 6.40am @ JTC – Kings Park (Synergy Park) College Training – 7am	<b>17 May</b> ALL – JTC @ 7.00am	<b>19 May</b> <b>SSWA Carnival</b> <b>McGillivray Oval</b>
<b>5</b>	<b>22 May</b> Offsite - 6.50am @ JTC Hockey Clubrooms (Alderbury Reserve) College Training – 7am	<b>24 May</b> ALL – JTC @ 7.00am	<b>26 May</b> Offsite - 6.50am @ JTC Hockey Clubrooms (Alderbury Reserve) College Training – 7am
	<b>29 May</b> Offsite - 6.50am @ JTC Hockey Clubrooms (Alderbury Reserve) College Training – 7am	<b>31 May</b> ALL – JTC @ 7.00am	<b>1 June - Thursday</b> <b>ACC Carnival</b>