

# Our Lady's School Athletics Day

Dear Students, Parents, and Guardians,

We're excited to announce the upcoming Our Lady's School Athletics Day, which is set to take place on Friday, November 10th. This is a day that promises to be filled with fun, fitness, and friendly competition, and we can't wait to see everyone there!

## Event Details:

- **Date:** Friday, November 10th
- **Time:** 9:30 AM - 2:45 PM
- **Location:** Sprint Athletics Centre, Craigieburn  
1140 Aitken Boulevard, Craigieburn, 3064

## What to Expect:

This year, we have an action-packed schedule that ensures every student has a blast. Here's a sneak peek at what's in store:

- **Running Sprints:** Get ready to dash to the finish line as you show off your speed and agility.
- **Novelty Relay:** Teams will come together for a unique relay that's sure to keep everyone on their toes.
- **Field Events (Year 2-6):** It's not all about running; we've got exciting field events for our older students. Test your jumping skills in long jump and high jump, demonstrate your strength in shot put and Javelin, and aim for those personal bests.
- **"KABOOM":** We're thrilled to introduce "KABOOM" to this year's Athletics Day. This incredible team is here to make the day even more special, with exciting activities that include running, jumping, throwing, and a lot of dancing!

## What to Wear:

To ensure a smooth and enjoyable day, please make sure your child wears their sports uniform, along with their house team top and the school hat.

## What to Bring:

Make sure your child is well-prepared for the day by packing the following:

- **Water Bottle:** Staying hydrated is essential, especially during active events. Please ensure your child has a water bottle with their name clearly marked.
- **Snack and Lunch:** A little snack and a nutritious lunch will keep their energy levels up throughout the day. Healthy food fuels healthy bodies!
- **Plenty of Energy:** Most importantly, encourage your child to bring loads of enthusiasm and energy. We want to see smiling faces and positive vibes all day long!

We're looking forward to a fantastic Athletics Day filled with teamwork, sportsmanship, and, of course, lots of fun. Parents and guardians, please feel free to join us and cheer on the athletes. Let's make this day one to remember!

If you have any questions or need more information, don't hesitate to reach out to us. We can't wait to see all of our wonderful students showcasing their athletic talents.

Let's make Our Lady's School Athletics Day a day to remember!

Yours in sport and fun,

Anthony Whitty

Our Lady's School PE Teacher