

# Trackstars Term 1 - 2019

## Mount Hawthorn PS

### TECHNIQUE ♦ AGILITY ♦ SPEED

The Front Runner Trackstars program is designed to teach correct running skills and movement patterns to children of all abilities, aged between 6-12 years – while having plenty of FUN!

In Term 1 our focus will be on improving all children's confidence and performance in agility, running technique speed and power as we continue to develop a well-balanced athlete in all children. Consistency and term on term progression will lead to overall improvement.

<b>When:</b>	Mondays 7.30am- 8.20am
<b>Where:</b>	Mt Hawthorn Primary School Oval
<b>Starts:</b>	Monday 11 <sup>th</sup> February (Week 2, Term 1)
<b>Duration:</b>	8 week Program \$115.00
<b>Age Groups:</b>	6-8 years and 9-12 years
<b>To Register:</b>	<a href="http://fronrunnersports.com.au/trackstars-schools/">http://fronrunnersports.com.au/trackstars-schools/</a>



## Fitness | Confidence | Team work

Queries? Contact Andrea [services@fronrunnersports.com.au](mailto:services@fronrunnersports.com.au)