

## Trackstars Run Club Term 2 - 2019

### Mount Hawthorn PS

## KIDS ENDURANCE & X COUNTRY

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!

During Term 2, our Trackstars kids will learn to run longer distances, build endurance, pacing for distance running and concentrate on technique under fatigue. This will help build fitness and confidence toward participating in Cross Country school events in Term 2 and Term 3.

Children will tally their KM's run over the 8 weeks, to work toward a Bronze, Silver or Gold Medal.

- When:** Mondays 7.30am- 8.20am  
**Where:** Mt Hawthorn Primary School Oval  
**Starts:** Monday 6<sup>th</sup> May (Week 2, Term 2)  
**Duration:** 8 week Program \$115.00  
**Age Groups:** 6-8 years and 9-12 years  
**To Register:** [www.frontrunnersports.com.au/trackstars-schools/](http://www.frontrunnersports.com.au/trackstars-schools/)



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

## Fitness | Confidence | Team work