

Trackstars Term 1 - 2020

Mt Hawthorn Primary School

"SPEED, POWER, AGILITY"

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 1, we will work to improve children's skills and performance in speed, power, agility and running technique increasing ability and confidence to participate across a range of sports including athletics, cricket, basketball, soccer, netball, AFL, Rugby and may more. Consistency and term on term progression will lead to overall improvement.

When: Mondays 7.30am- 8.20am
Where: Mt Hawthorn Primary School Oval
Starts: Monday 10th February (Week 2, Term 1)
Duration: 7 week Program \$99.00
Age Groups: Trackstars 6-12 or Junior Squad 10+ (adv)
To Register: www.frontrunnersports.com.au/trackstars-schools/



Queries? Contact Andrea services@frontrunnersports.com.au

Fitness | Confidence | Team work