September 2025

Catholic Athletics Carnival – Section 1 – 2025

Dear Parents and Caregivers,

Your child has been selected to represent our school at the Catholic Schools Athletics Carnival on **Thursday 30th October** at **SA Athletics Stadium, Mile End**.

With just 5 weeks until the carnival, the main purpose of this letter is to inform you of training times for the early weeks of next term. It was pleasing to see a number of children regularly turn up to training this term to gain selection and improve their performances. Please make every effort possible to ensure your child attends the remaining sessions to maximise their chances of success at the carnival. 100m Relay teams in particular need to train together to ensure smooth changes.

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| **Week 1 beginning 13th Oct** | **8.00 - 8.25am** | **3.00 – 3.40pm** |
| Monday | **PUPIL FREE DAY** | |
| Tuesday | 100m & 200m Runners | Shot Put & Long Jump |
| Wednesday | Relay Runners | Hurdles |
| Thursday | 400m, 800m & 1500m Runners | High Jump |
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| **Week 2 beginning 20th Oct** |  |  |
| Monday | High Jump – Yr 3/4 only (Gym) | Shot Put & Long Jump |
| Tuesday | 100m & 200m Runners | Hurdles |
| Wednesday | Relay Runners (Mr Smith) | High Jump (Mr Smith) |
| Thursday | 400m, 800m & 1500m Runners | Shot Put & Long Jump |
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| **Week 3 beginning 27th Oct** |  |  |
| Monday | High Jump – Yr 3/4 only (Gym) | Hurdles |
| Tuesday | 100m & 200m Runners | High Jump |
| Wednesday | Relay Runners | No Training |
| Thursday – Carnival Day | **8.00am - Arrive at school 8.15am – Bus Departs** | |

If time allows during the holidays, include some training sessions at a local ground for suitable events (middle distance running and sprints). The Enfield Little Athletics Club at St Albans Reserve, Chester Avenue, Clearview is one of the best Little Athletics Clubs in Adelaide and they encourage children to attend “Come and Try” days on Sundays for anyone interested. This would be a good way to get some extra training and coaching tips in events which need special equipment such as Long Jump, High Jump, Shot Put and Hurdles. This venue with its full size track can also be utilised by runners on other days of the holidays or after school on weekdays now that daylight saving is approaching. I strongly urge our 400m, 800m and 1500m runners to train as often as possible outside school hours to ensure they are at maximum fitness to complete their event without any distress.

If you want to know more about the carnival, visit the following link <https://sacpssa.com.au/athletics> This site has a detailed programme with times as well as technical information for all events.

Training will be cancelled for wet weather due to safety considerations. Thank you in advance for your support in getting your child to morning trainings sessions and please contact me via email if you have any questions.

Yours sincerely,

*Angelo Zamparelli*

*Sports Coordinator*