

SSWA & ACC Cross Country Squad Training Schedule 2020 (All listed students)

WK	MONDAY 27 April	TUESDAY 28 April	WEDNESDAY 29 April	THURSDAY 30 April	FRIDAY 1 May
1	STAFF ONLY <i>(Student Holiday)</i>	STAFF ONLY <i>(Student Holiday)</i>	TERM 2 COMMENCES All students return to School		SQUAD TRAINING (6.45am) Northern Oval
2	4 May SQUAD TRAINING (6.45am) Northern Oval SSWA 'FINAL' SQUAD & AGE GROUPS CONFIRMED <i>(Parental e-mail)</i>	5 May YEAR 9 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	6 May YEAR 8 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	7 May CROSS COUNTRY SQUAD PHOTOGRAPH, BBQ & BRIEFING	8 May SSWA CROSS COUNTRY CARNIVAL <i>(7.15am Departure; 3.00pm Return)</i>
3	11 May SQUAD TRAINING (6.45am) Northern Oval	12 May YEAR 9 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	13 May YEAR 8 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	14 May YEAR 7 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(1.00pm – 1.30pm House Time)</i>	15 May SQUAD TRAINING (6.45am) Northern Oval ACC 'FINAL' SQUAD & AGE GROUPS CONFIRMED <i>(Parental e-mail)</i>
4	18 May 'FINAL' SQUAD SELECTION TRAINING ONLY (6.45am) Northern Oval	19 May YEAR 9 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	20 May YEAR 8 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	21 May YEAR 7 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(1.00pm – 1.30pm House Time)</i>	22 May 'FINAL' SQUAD SELECTION TRAINING ONLY (6.45am) Northern Oval
5	25 May TAPERED 'FINAL' SQUAD SELECTION TRAINING ONLY (6.45am) Northern Oval	26 May TAPERED YEAR 9 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	27 May TAPERED YEAR 7 & 8 TOP FIVE RUNNERS HOUSE SPORT GYMNASIUM TREADMILL TRAINING SESSION <i>(12.20pm – 12.50pm Tutorial Time)</i>	28 May ACC CROSS COUNTRY CARNIVAL <i>(7.00am Departure; 3.45pm Return)</i>	29 May STAFF ONLY <i>(Student Holiday)</i> ACC CROSS COUNTRY SQUAD PIZZA PARTY IS ON FRIDAY 5TH JUNE (Week 6)

Cross Country Squad training is always conducted regardless of weather conditions.

Breakfast is provided at School at no charge after each morning training session. Parents can offer to assist with the serving of breakfast to contribute to their P&F Hours Register.

Cross Country Squad Training 2020

As Coaches, we encourage all students to actively strive towards excellence in all sporting endeavours. Students are asked to fully commit to the Inter-School Swimming Squad Programme by attending all training sessions and carnivals when selected, and being prepared with the correct equipment and sports uniform.

'Provisional' Squad Training Commences, Week 1 (Friday 4th May)

- Mondays & Fridays: 1st, 4th, 11th, 15th, 18th, 22nd & 25th May
- 6.45am – 7.45am at Peter Moyes ACS and Quinn's Beach
- Total of 7 morning training sessions

Students who do not attend training **will not** be selected to the 'Final' ACC Cross Country Squad, unless they are training with an alternative group.

Should your son or daughter train with an alternative Athletics Squad (i.e. Joondaup Track Club, Arena Joondalup), I would ask that you speak to me directly about Inter-School Cross Country Training in order for an individualised training programme to be tailored, so your son or daughter can also represent the School and be a valued and important member of the School's Cross Country Squad. Communication between students, coaches and parents is imperative.

In 2020, in order to be considered or granted Captaincy for the 'Final' ACC Cross Country Squad, a **minimum of either 5 or 6 of the 7** training sessions **MUST** be attended, depending upon your relevant Cross Country Squad member category.

<u>Squad Member Category</u>	<u>Minimum Training and Captaincy Requirements</u>
Cross Country ' Elite Squad ' Only	6 School training sessions (minimum) MUST REPRESENT THE SCHOOL AT BOTH SSWA & ACC CARNIVAL (pending selection criteria) <i>MUST ACHIEVE THE CUT OFF TIMES</i> ACC Captaincy is reliant upon this criteria
Cross Country ' Elite Squad ' and/or School Winter Sports Team and/or alternative track/running Club	5 School training sessions (minimum) MUST REPRESENT THE SCHOOL AT BOTH SSWA & ACC CARNIVAL (pending selection criteria) & CAS SPORT WEEKLY <i>MUST ACHIEVE THE CUT OFF TIMES</i>
Cross Country Squad Only	6 School training sessions (minimum) <i>MUST ACHIEVE THE CUT OFF TIMES</i>
Cross Country Squad & School Winter Sports Team	5 School training sessions (minimum) & WINTER SPORT WEEKLY <i>MUST ACHIEVE THE CUT OFF TIMES</i>

I encourage all '**Provisional**' Cross Country Squad members to come and speak to me personally about their training programme, target times, and goals for the season.