



Success with Honour

Everton Park State School

TRIATHLON SQUAD 2017

30th January 2017

Dear Parents,

A new Triathlon squad will be commencing at Everton Park SS in Week 2 this term. The Triathlon squad will commence on Friday 3rd February. It will run every Friday from 2 – 3pm. It will be available for students in years 3 – 6. Every week I will focus on a different area. Week 2 – Running and Swimming, Week 3 – Riding and Running, Week 4 – Riding and Swimming, Week 5 Running and Swimming, Week 6 – Riding and Running, Week 7 – Swimming and Running, Week 8 – Running and Riding Week 9 – Swimming and Running, Week 10 – Mini Triathlon I will send another email towards the end of Term 2 with a schedule for after the event. **I would like to be keep the squad going all year. There will be more races that students will be able to enter. Students are required to have their own bike. Students are expected to attend at least 2 Cross Country training sessions each week. Could I please ask 2 parents to come and help with the swim sessions.**

I would like to enter a team into The Wheet-Bix Kids Triathlon which is being held on Sunday 21st May 2016. We here at Everton Park SS are proud to be a part of it. If parents enter before 20th March there is an early bird entry fee which will be under \$40. I will create a group called Everton Park SS. I will let parents know when the group is created and then parents can enter their child. If we have at least 15 of our students enter, we will give our school a chance to WIN a \$5,000 cash prize to go towards a healthy initiative. Kids of all abilities cross the finish line a champion and everyone who participates takes home a medal. I would like all students who are part of the Triathlon Squad to enter this event.

The distances for the event are approximately:
7 – 10yrs: 75 m Swim / 3km Cycle / 500m Run
11 – 15yrs: 150 m Swim / 6km Cycle / 1km Run

For more information and to register visit: <http://try.weetbix.com.au/>

If your child would like to be part of the Everton Park SS Triathlon Squad could you please return the permission form to Mr Bird by Thursday 2nd February.

Thank you

David O'Connor
Deputy Principal

Ian Bird ibird1@eq.edu.au
HPE Teacher

Deakin Street, Everton Park, QLD 4053
Tel: 07 3550 2222 Fax: 07 3550 2200
Email: info@everparkss.eq.edu.au
Website: www.everparkss.eq.edu.au



Success with Honour

Everton Park State School

PERMISSION FORM TRIATHLON SQUAD 2017

I _____ give permission for my child
_____ class _____ DOB _____ to participate in
the Triathlon Squad.