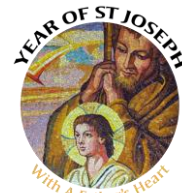




St Joseph's Catholic Primary School
Diocese of Clifton



Inspiring everyone to REACH through
Faith, Hope, Love

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Acting Headteacher: Mrs Clare Howells

Dear parent/carers

4th October 2022

It was great to see such a large group of enthusiastic young athletes for the first Cross Country Club training session of the year, and even better that they were all still smiling at the end!

Cross Country Races

We now have the dates for this season's Cross Country race, which will once again be held at KLB School in Wotton under Edge:

Saturday 12th November 2022
Saturday 3rd December 2022
Saturday 14th January 2023
Saturday 4th February 2023

More details about course lengths and timings will follow, but we understand that the races will start at 9am, with several categories for the different age groups of girls and boys. These races form a hotly contested league between a number of local schools, and St Joseph's has traditionally done very well.

The Cross Country Club training on Monday afternoons will be focussing on preparing our athletes for the season, and as stated in the Club Letter September 2022, it is expected that we will field a strong team at each of the races. Please do all you can to make yourselves available on the above dates to represent St Joseph's at the races.

Running Kit

Being hardy cross country athletes we will be training on Monday evenings whatever the weather (within reasonable safety parameters), so please ensure that your children come to school with appropriate clothing for the conditions.

As the season progresses, this will likely mean running leggings or tracksuit trousers, a long sleeve sports top or thermal base layer, and a lightweight waterproof jacket. If you do not have these items available, the school PE kit will be adequate. As it gets colder, gloves and a hat will be sensible additions - these can readily be removed when we get hot during training.

We will be going off-site as much as possible to make the most of the hilly landscape that we are lucky enough to have on our doorstep. This will require running along some sections of minor road so we will insist on every child wearing a high-visibility jacket or tabard. The school has plenty of tabards to go around, but if children prefer to bring their own fluorescent yellow running jackets (which are ideal for keeping warm and visible while running) they are welcome to do so.

Footwear - sports trainers are fine while the ground is still relatively firm and dry, but as it gets wetter and muddier, shoes with good grip are recommended, such as fell or trail running shoes. These are not essential, but will certainly help to keep control in muddy conditions.

If anyone has any questions about any of this, please feel free to speak to Miss Berry or Mr Britton, who will be happy to advise on kit.

Thank you for your support.

Miss Berry and Mr Britton

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