

2 March 2021



Dear Parents and Caregivers

Your child has been chosen to represent St Joseph's in the South Canterbury PCT Competition. Your child needs to wear sports uniform and shoes to school on Tuesday 9 March, and Ali Talbot will take the team of 4 from school to S.C Netball courts and return them to school at completion of competition.

Briefing for all teams will be at 10:00 am at the netball courts (inside the stadium if wet) Aorangi Park, 70 Morgans Road, Timaru. All teams and team members MUST be present for their safety briefing and demonstration.

Once all team entries are received, a random draw determines the starting order. Teams are encouraged to stay until all teams have finished, but if unable, results will be emailed out. Supporters are welcome.

Date: Tuesday 9 March 2021

Time: 10:00 am to approximately 1:00 pm

Location: Netball Courts, Aorangi Park, 70 Morgans Road, Timaru

If wet in the stadium

Requirements: Footwear must be worn

Each team must be accompanied by a teacher and/or responsible adult. Transportation to and from the venue, food and drink are each team's responsibility.

Course: 12 components (obstacles) over a 400-metre course (teams take approximately 3-5 minutes to complete)

Pushing a trailer (10m), carrying a wheel assembly (10m), walking along a raised beam (5m), jumping a 1m hurdle and 1.8m long jump, completing an agility run (zigzags around cones 30m), diving under 2 hurdles, jumping through a window, climbing over a 1.8m wall, dragging a 74kg dummy, climbing over a fence (2.2m with foot/hand holds).

Fitness as well as team work and planning are essential - e.g. assisting other members over obstacles.

The competition will be supervised by sworn police officers.

Any questions please email Ali [ali.talbot@stjosephstimaru.school.nz](mailto:ali.talbot@stjosephstimaru.school.nz) or Ph 0272057604

Regards

Ali Talbot

Sport Coordinator