From The Acting Principal

Last Sunday we celebrated the Feast of Corpus Christi in our church. This feast celebrates the solemnity of the body and blood of Christ and calls us to reflect on the true meaning of eucharist. If our Lord feeds and heals us with his body and blood in the Eucharist, then we are invited to be His presence in our world. The celebration of the Eucharist doesn’t end in itself, it is only a start. If there is no connection between the table of life and the table of the Eucharist, we end up empty. When we say ‘Amen’, we are saying ‘Yes’ to recognising and reaching out to those in need.

The Philippines Immersion group who departs this weekend is the human face of our social justice commitment and we wish them well. Likewise the Kokoda group who left last week have a strong focus on assisting and providing support for education of disadvantaged students at the Dave Cavell school on the outskirts of Port Moresby. I have the privilege of being a part of an immersion group to East Africa over the next two weeks. During this time I will be visiting the Br Beausang School where the St Bernard’s community have forged a wonderful connection over many years.

Year 7 Retreat sessions were held in the early weeks of June and administered by outside facilitators. This links well with our EREA Touchstones, in particular Gospel Spirituality. In another significant community event, Santa Monica celebrated its 100th program. A dinner was held last week, at Santa Monica, to acknowledge this significant occasion.

It is my great pleasure to announce that we had 4 students make it into the top 3% of the State for their recitation of their chosen Dante Poem. There were 215 finalists and over 5,000 competitors. Finalists will compete for the first/second/third rank in the State on Friday July 18 at Melbourne University. The four students are: Paul Cannizzaro, Daniel Motta, David Tonkich and Patrick Ferro.

Year 10 Work Experience took place in the final week of this term. Our Careers Practitioner, David Rosel, has done an outstanding job in ensuring the boys had a rewarding and ‘real life’ experience.

The Year 10-12 students have been involved in exams and SACs over the past weeks. The GAT was held on 11 June for all students undertaking a Unit 3&4 subject. Our students are exemplary in the manner in which they conduct themselves and the organisation from staff has been first class.

Semester 1 Student Reports will be available for boys and families this week. All staff have been working hard to complete comprehensive summative feedback from first semester.

The Evidence Based Observation and Coaching program is in its second year of full implementation. Anecdotal evidence from the coaches and the teachers being coached indicate that the program is having an impact on the teaching and learning in the classrooms. We will conduct a formal survey of all participants early next term in order to gather some feedback on the program. It is intended that all staff will have been part of the program by the end of 2015.

Planning for staff Annual Review Meetings (ARMs) is taking place. These are scheduled to commence in the second or third week of Term 3. ARMs are an opportunity to affirm staff in their role and set goals for the year ahead. These will be aligned with the recently approved Industrial Award Agreement and will entail the Australian Institute for Teaching & School Leadership (AITSL) standards.

Best wishes to the staff and students involved in rehearsals for our College musical “Shout”. The cast have been working extremely hard and we look forward to a quality show with St Columba’s in Term 3.

Congratulations also to all those involved in Term 2 ACC sport. Well done to our Year 7 Division 1 Soccer, Year 7 Division 2 Football, Year 8 Division 1 Football, Year 8 Division 2 Soccer, Year 8 Division 3 Football, Year 8 2nd XI Soccer and Year 9 Football teams who were premiers. I was particularly pleased to hear how our boys upheld the ACC motto of “Excellence, Honour and Fairness in Student Activities.” We look forward to strong performances from Basketball, Hockey and Table Tennis in Term 3 along with Cross Country as we attempt to retain our title.

As this is the last newsletter for the term I take the opportunity to thank Niki Spala for her work in teaching mathematics on the Clairvaux Campus. We wish Dianne Swingler well as she commences a period of leave. At the start of Term 3 we will welcome Nick McGee to the staff and Orla McLynsky who has been on Long Service Leave.

I wish all boys and families a happy, restful and safe holiday break.

Best wishes

Paul Shannon

Please remember in your prayers
Former College Captain and grandfather of Tim Coghlan 9E,
Harry Pobjoy.
May He Rest in Peace
From the Campus Directors

End Of Term
We hope that all students enjoy their break and return to school refreshed for second semester. We would like to extend our thanks to all families for supporting their son’s learning this semester.

Term Three Dates
Monday, July 14: First Day Of School For Students (Day 1 Timetable).
Thursday July 24: Casual Clothes Day - Please bring non-perishable food goods and/or warm clothing as a donation.
Wednesday, July 30: Staff professional development day (no classes).
Friday, August 22: St Bernard’s Day.
Friday, September 19: Last day of Term 3.

Year 12 Careers Seminar Day
On Wednesday June 25 Year 12 students were engaged in sessions from industry professionals, university academics and recent graduates of a wide range of university courses and fields of employment. Congratulations to all students for the way they used this day as a learning and in some cases, networking opportunity as they move closer towards making decisions beyond 2014.

Year 12 Reflection Day
Friday 25 July is Year 12 reflection day hosted at St. Bernard’s College in conjunction with the year 12 girls from St. Columba’s. This event was a great success last year, with great attendance and participation from both schools. We look forward to a similar experience this year.

Year 10 Work Experience
This week has been Year 10 Work Experience week. It has been great to see many students identify potential career pathways and extend themselves with the choices they have made with this opportunity. We look forward to hearing the stories about ‘the real world’ when they return.

Exams
The Year 10 and 11 exam period, as well as the Year 12 General Achievement Test (GAT) has now concluded. Congratulations to the organisation demonstrated by all students throughout this time to arrive at school half an hour prior to their exam, as well as communicating with year level coordinators when absent.

Unit 3/4 Parent Teacher Student Interviews, Thursday 24 July
These interviews will take place in the second week of term 3 from 2:00 – 8:00. The parent portal will be open shortly for parents to make interview bookings with teachers.

Parents & Friends
The next parents and friends association meeting is scheduled for Monday 14th July at 7:30pm in the boardroom. As this is ‘Bastille Day’ the meeting will adopt a French theme, in keeping with the school’s patron saint!

The parents and friends is a forum for parents to meet, discuss and be informed of a wide range of matters related to the College. Mr Damian McKee, Deputy Principal of The Strand campus attends and provides a report on current issues. The half-way mark of the year is a good point for parents interested in getting a different perspective on school life to attend a ‘Parents and Friends’ meeting. New ideas are always sought and the meetings provide a great opportunity for participation.

Pastoral Care - Self-talk That Interferes With Studying
When confronted with the decision to study or not, you engage in a little talk with yourself. The list below contains statements you make to convince yourself not to study. These statements lead to the conclusion “I will not study now.” However, the statements are not always true, rational or realistic ways to describe your situation. By learning to identify your self-defeating self-talk you may be able to talk to yourself in more helpful ways, thus leading to more self motivation, less procrastination, and better study attitudes. Some of the more common negative self-talk is listed below. When you hear yourself talking or thinking these thoughts, recognize that you are giving yourself permission not to study. Although you may enjoy not studying, the long-range outcome is often one that you do not enjoy (for example, poor grades, cramming, or feeling guilty). Check this list every day to see how many negative self statements you are using and try to eliminate as many as you can.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don't feel like studying...</td>
<td>I don't feel like studying...</td>
</tr>
<tr>
<td>I'm hungry...</td>
<td>I'm hungry...</td>
</tr>
<tr>
<td>I'm sleepy...</td>
<td>I'm sleepy...</td>
</tr>
<tr>
<td>I'm bored...</td>
<td>I'm bored...</td>
</tr>
<tr>
<td>I'm not in the mood to study...</td>
<td>I'm not in the mood to study...</td>
</tr>
<tr>
<td>This material is too difficult...</td>
<td>This material is too difficult...</td>
</tr>
<tr>
<td>This is too hard...</td>
<td>This is too hard...</td>
</tr>
<tr>
<td>I don't have the background for this...</td>
<td>I don't have the background for this...</td>
</tr>
<tr>
<td>It's hopeless...</td>
<td>It's hopeless...</td>
</tr>
<tr>
<td>I'll never need to know this...</td>
<td>I'll never need to know this...</td>
</tr>
<tr>
<td>I don't need to study now...</td>
<td>I don't need to study now...</td>
</tr>
<tr>
<td>I need to study now...</td>
<td>I need to study now...</td>
</tr>
<tr>
<td>I studied this yesterday (in the past)...</td>
<td>I studied this yesterday (in the past)...</td>
</tr>
<tr>
<td>I can do it later...</td>
<td>I can do it later...</td>
</tr>
<tr>
<td>I have plenty of time to do this...</td>
<td>I have plenty of time to do this...</td>
</tr>
<tr>
<td>If I study this now, I'll forget it by exam time...</td>
<td>If I study this now, I'll forget it by exam time...</td>
</tr>
<tr>
<td>This is too much material to cover...</td>
<td>This is too much material to cover...</td>
</tr>
<tr>
<td>I won't have time to finish anyway...</td>
<td>I won't have time to finish anyway...</td>
</tr>
<tr>
<td>The teacher just expects too much...</td>
<td>The teacher just expects too much...</td>
</tr>
<tr>
<td>It doesn't make any difference whether I study or not...</td>
<td>It doesn't make any difference whether I study or not...</td>
</tr>
<tr>
<td>I don't like the teacher...</td>
<td>I don't like the teacher...</td>
</tr>
<tr>
<td>I can't concentrate...</td>
<td>I can't concentrate...</td>
</tr>
<tr>
<td>My mind wanders too much...</td>
<td>My mind wanders too much...</td>
</tr>
<tr>
<td>People distract me...</td>
<td>People distract me...</td>
</tr>
<tr>
<td>I can't study here, (or any other place)...</td>
<td>I can't study here, (or any other place)...</td>
</tr>
<tr>
<td>I can't study now; I'll miss...</td>
<td>I can't study now; I'll miss...</td>
</tr>
<tr>
<td>I'll miss things I want to do if I study now...</td>
<td>I'll miss things I want to do if I study now...</td>
</tr>
<tr>
<td>I can't study and do things I want to...</td>
<td>I can't study and do things I want to...</td>
</tr>
<tr>
<td>I have other things I need to do now...</td>
<td>I have other things I need to do now...</td>
</tr>
<tr>
<td>Nobody else is studying...</td>
<td>Nobody else is studying...</td>
</tr>
</tbody>
</table>
Subject selection process 2015
The process of subject selection will take place in term 3 for all students in Years 9-12 in 2015. This is an important process and one that requires careful consideration. This year we will be holding a Subject Selection Expo to enable students and families to talk to teachers and other key personnel.

Please note the following dates:
- July 29: Subject Selection Expo Years 10 & 11 2015
  - Session 1: 4pm-5:30pm
  - Session 2: 6:30pm – 8pm
- July 28: Student information session Year 10 2015 (period 1)
- July 29: Student information session Year 11 2015 (period 1)
- August 19: Application for acceleration closes
- August 22: Subject selection closes Year 10 & Year 11 2015
- August 28: Student information session
- August 28: Student parent information session, Year 9, 2015
- September 5: Subject selection closes Year 9, 2015

Pauline Thompson, Director of Learning

St Bernard’s Social Justice Network presents: "Walk a Mile in My Shoe"
Wednesday, 23rd July, 2014, 7.30-9pm

The Network warmly invites you to attend "Walk a Mile in My Shoe"; the second social justice event presented by the SBSJN. This night will provide an insight into Homelessness with some great guests such as CEO of the Brotherhood of St Laurence, Tony Nicholson.

The night will be held in the Boardroom from 7:30-9:00pm on Wednesday, 23rd July. Refreshments will be provided afterwards. In support of this event, the Big Sleep Out, organised by the Eddie and Bernie Social Justice Group will also be occurring this same night.

Please place the date in your diaries and come along - the SBSJN look forward to your attendance.

The homeless persons agency would appreciate the following donations to help make a difference to their clients’ lives: financial assistance, blankets, winter jackets, gloves, beanies, socks and jocks, and non-perishable food that can be handed out to rough sleepers such as: canned goods like tuna, salmon, sardines, “casseroles” in a can, baked beans, canned vegies, pasta sauce, packets and cans of soup, dried pasta, cereal and long life milk. Anything you can donate will make a huge difference.

Brendan Douglas, Director of Identity

St Vincents Winter Appeal

The St. Vincent de Paul Society, in the North-West of Melbourne, estimate that there are approximately 500 adults, teenagers and children who are homeless this Winter. The Vinnies are desperate for blankets and warm clothing to give to people in need. The Society also runs a food bank for people who need a helping hand. At the moment the cupboard is bare and donations of non-perishable food items are desperately needed.

St Bernard’s College participate in the Vinnies’ Winter appeal on the 24th of July. We are asking you to support this appeal and to consider donating blankets, warm clothing and non-perishable food items. Students who bring a donation will be permitted to wear casual dress on this date.

Lisa Grass

Echoes from the Archives

Some things change and some things remain the same. In the 1950s, the Olympic Games came to Australia and Melbourne had won more premierships than any other team. Home entertainment generally meant the radio, as the newly introduced TVs were too expensive for most people, but neighbourhood sharing was popular. Rock ‘n Roll was new, and parents were unhappy with this strange form of music, which came on 7 inch vinyl discs. Students took notes using fountain pens, no biros. Photocopiers were yet to come. The Clairvaux’s of the time show that ‘the-powers-that-be’ were concerned about haircuts.

(Extracts from the mid 50s)......

Haircuts

During the holidays many boys have gone completely crazy in appearance with their haircuts. You have never seen such a weird collection of haircuts in all your life. Some short, some long. In the Leaving Class (Yr 11), a survey has been held to measure the length of the boy’s hair, some range from 3/10th inch to over 5 inches. There is one boy who claims he has never used hair oil in his life, while on other boys, the oil just drips off and the smell is like the perfume counter in Myer. However, the extraordinary is frowned on by the ‘powers-that-be’ and with time the craze has died out.

Hobbies

The most popular hobby that has swept the school is Model Airplane building. The participants in this hobby are boys whose ages range from 12-17 years. Every chance they get they combine and tell each other how good their plane is, which fuel they use, what engine they find most suitable, and every other item that might come into their minds.

Maureen Kavanagh, Archivist
SHOUT 2014

This year, St. Bernard’s in conjunction with St. Columba’s are proud to present the acclaimed musical hit “Shout! The Legend of the Wild One.” The musical which chronicles the life and times of Australia’s king of Rock ‘n’ Roll features the much-loved songs of the original Wild One and is a spectacle not to be missed. For the last term and a half, almost fifty students from both schools have worked tirelessly with hours of singing, dancing and acting to ensure that the production is of the highest quality.

‘Shout! The Legend of the Wild One’ will run for 6 performances in the College auditorium beginning at 7:30pm: Thursday, July 31st, Friday, August 1st, Saturday, 2nd, Thursday 7th, Friday 8th and Saturday August 9th.

Tickets go on sale June 24th and available through the College website: www.sbc.vic.edu.au

Any enquiries about any of the performances can be redirected either to the school website or the following: 9289 1049 shout@sbc.vic.edu.au

We look forward to seeing you on the boards!

Brooke Sullivan, Director

Music News

The year 7 students from 7A,B,C,D and H performed for their concert on Thursday June 19. The concert was a very positive showcase of vocal and instrumental concert band performance. We thank the parents and family members who were there in support and offered some great feedback about the night. The manner in which the college offers the year 7 music program is to provide a ‘taster’ of what it is like to start learning a musical instrument. We now strongly encourage these students to continue their music education journey, largely as a partner in a good academic program. Music lesson applications can be submitted online at http://sbcmusicdepartment.weebly.com/enrolment-information.html and http://sbcmusicdepartment.weebly.com/on-line-enrolment.html

The SBC Friends of Music are planning a fundraising campaign in term 3 which is a ‘donation for voucher’ program offered by Team Mates Australasia. Parents or other SBC community members associated with a business that would like to participate by offering an exclusive deal voucher regarding their products or services are welcome to enquire with me directly before the end of term at cpuglisi@sbc.vic.edu.au

The next Friends of Music meeting will be held in the Music Department, room 302 at 7:30pm on July 23. All are welcome in support.

Carmelo Puglisi, Director of Music

Dante Alighieri Poetry Competition

Some students from the Year 9 Italian elective classes competed in the Dante Alighieri Poetry Competition 2014 at Melbourne University on Wednesday 16th June. We were lucky to have had 4 of our students to make it to Finals (18th July) – We need to congratulate: Paul Cannizzaro, David Tonkich, Patrick Ferro and Daniel Motta. All other participants received some form of certificate/classification from the society.

Prof. Selva, Prof Spiller and Nicole Mora (Italian Language Assistant)

Come and try Karate

Learn self defence, increase self esteem and personal confidence and have fun all at the same time. 2 free lessons for everyone as well as free uniform on joining. Sessions will be conducted in O’Brien Hall, Thursdays after school. Secondary students from 5pm with juniors (primary aged) commencing at 4pm. For further information visit www.artofdefence.com.au or call Amelia on 0407320333.

Amelia Zarb, Art of Defence Australia

Edmund Rice Foundation Dinner

Over the past few years the Edmund Rice Foundation has held very successful dinners in both Brisbane and Sydney in order to make known our work and to encourage support. It has been the intention to do such in Melbourne and after much consideration, the Victorian Chapter of the Foundation has decided to hold the inaugural Melbourne Edmund Rice Dinner on Friday 8th August. The venue is Melrose Receptions in Tullamarine. Details of the event will come later from the organising committee but a highly enjoyable evening is guaranteed while, at the same time, placing the cause of Edmund Rice outreach.

Br Bill Wilding, Edmund Rice Foundation General Manager
CAREERS NEWS JULY 2014

OPEN DAY REMINDERS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun 3 Aug</td>
<td>Monash (Caulfield, Clayton &amp; Parkville),</td>
</tr>
<tr>
<td></td>
<td>Swinburne University (Hawthorn)</td>
</tr>
<tr>
<td>Sun 10 Aug</td>
<td>ACU (Melbourne), Deakin (Geelong), RMIT</td>
</tr>
<tr>
<td></td>
<td>(Bundoora, Brunswick, City)</td>
</tr>
<tr>
<td>Sun 17 Aug</td>
<td>University of Melbourne</td>
</tr>
<tr>
<td>Sun 24 Aug</td>
<td>Deakin (Melbourne), La Trobe (Melbourne),</td>
</tr>
<tr>
<td></td>
<td>VU</td>
</tr>
<tr>
<td>Sun 31 Aug</td>
<td>ACU (Ballarat), Federation Uni (Ballarat &amp;</td>
</tr>
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<td></td>
<td>Gippsland)</td>
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</tbody>
</table>

GAINING A PLACE IN GRADUATE-ENTRY MEDICINE – At the University of Melbourne, medicine is a graduate-entry degree, with applicants first needing to complete a degree including prerequisite studies (e.g., the University of Melbourne’s B. Biomedicine or the B. Science). Selection to this degree is based on the Graduate Medical School Admissions Test (GAMSAT), usually sat in the final year of the undergraduate degree, performance in the undergraduate degree (including completion of prerequisite studies) and an interview. Students attend an interview if they meet the other two criteria. Each criteria is weighted equally by the selection panel. Info: www.medicine.unimelb.edu.au/study-here/md/application_process. As this is a postgraduate qualification, there is no need to sit the Undergraduate Medicine and Health Sciences Admission Test. (The UMAT is now only required in Victoria by applicants for Monash undergraduate medicine).

Two other graduate-entry medical degrees are offered in Victoria, at Deakin University in Geelong and Monash in Gippsland (Monash also offers the only Victorian undergraduate medical degree).

From 2017, at least 50 of the 75 domestic places in the Monash Graduate Entry MBBS will be reserved for students who have completed Monash University’s Bachelor of Biomedical Science. The others will be for students who have completed the following Monash degrees: Bachelor of Biomedical Science (including double degrees), Bachelor of Pharmacy, Bachelor of Physiotherapy and Bachelor of Science (dependent on the completion of designated units). Selection of students for the Graduate-entry MBBS will include a multiple mini interview; GAMSAT will not be required. Deakin does not specify any undergraduate degree to be completed first, but applicants will need to be equipped to answer questions in the GAMSAT and complete an interview.

CAREER DISCOVERY IN FASHION AND TEXTILES AT RMIT - Career options in the fashion and textile industries are diverse and multi-faceted. RMIT is aware of the skills and knowledge required by graduates to participate and contribute in today’s highly competitive marketplace. To assist you in selecting the most appropriate program and career option, RMIT Fashion and Textiles will conduct a Career Discovery program;

Who: Year 11 & 12; When: 9.30am-4.30pm, 1 – 3 July (3 days); Where: RMIT Brunswick; Cost: $350; Book: 9925 8111; www.shortcourses.rmit.edu.au; Course No. S350337.
NURSING AT VICTORIA UNIVERSITY – Health courses at VU give hands-on experience and learning through scenario-based placements and clinical assessment. Students gain the latest knowledge, skills and experience to be work-ready and career-focused before graduation. The three-year B. Nursing prepares graduates to be qualified registered nurses recognised by the Australian Nursing and Midwifery Council. It is also a pathway into paramedicine through the B. Health Science (Paramedic). See: www.vu.edu.au/courses/bachelor-of-nursing-hbnb. NOTE: Div 1 Nursing is also offered at ACU, Deakin, Federation, La Trobe, Melbourne, Monash, and RMIT Uni’s.

ENVIRONMENTAL AND MARINE CAREERS EXPO – Join the experts for a careers, employment, and training expo at Melbourne Aquarium. The Expo brings together professionals from a variety of industries and tertiary institutions. When: Twilight session 4.30-8pm, Thurs 7 Aug; Where: Sea Life, Melbourne Aquarium; Cost: $20 per person early bird (by 27 June), $25 afterwards; Bookings: 9923 5911, bookings@melbourneaquarium.com.au; Info: www.melbourneaquarium.com.au/schools.

INTERESTED IN LOGISTICS? Logistics is about getting materials/foodstuffs to the right place at the right time. The Victorian Transport Association (VTA) Logistics Cadetship is a two year program with recipients employed fulltime with logistics companies while studying for a Certificate IV/Diploma in Logistics. Cadets are released from work to study at Victoria University. Cadets earn a full time wage while studying. If you are looking for a career in business, and are highly organised, this could be the career for you. Info: Leni Carrion, Ph 9646 8590, cadetship@vta.com.au; See: www.vta.com.au.

Compiled by: M. Walker

David Rosel
Careers Practitioner
9289 1159
drosel@sbc.vic.edu.au
WALK A MILE IN MY SHOES
AN INSIGHT INTO HOMELESSNESS

WEDNESDAY JULY 23, 2014
7.30pm - 9pm
(followed by refreshments)
ST. BERNARD’S COLLEGE
BOARD ROOM

JOIN IN THE CONVERSATION WITH
EXPERTS IN THE FIELD AND LEARN
HOW TO MAKE A DIFFERENCE.

DONATIONS OF FINANCIAL ASSISTANCE,
BLANKETS, WINTER CLOTHING AND
NON-PERISHABLE FOOD ITEMS WOULD
BE MUCH APPRECIATED.
ST BERNARD’S COLLEGE FOUNDATION SPORTS NIGHT

DRUGS IN SPORT
WITH
DR PETER LARKINS

Wednesday July 23
St Bernard’s College Pavilion
7pm for 7:30 start
$50 per head for adults
$30 for students under 18
(includes a 2 course meal with drinks at bar prices)

Come along and hear one of the pioneers of Sports Medicine in Australia speak on a topic that has long fascinated the public and is more relevant today than it ever was.

MC for the evening will be AFL Legend and College Hall of Famer, the incomparable Simon Madden.

ONLY 200 TICKETS AVAILABLE
FAMILIES AND FRIENDS WELCOME

For bookings go to http://www.trybooking.com/FEOT
RSVP: July 18
Email: development@sbc.vic.edu.au for further enquiries
Dress: Neat Casual
SCHOOL HOLIDAY FITNESS CAMP

GET YOUR KIDS ACTIVE THESE SCHOOL HOLIDAYS!!!

DATES :  MONDAY – FRIDAY
          30th JUNE – 4TH JULY

TIME :  10:00AM – 11:00AM

AGE GROUP:  8 – 15 YEAR OLDS

WHERE : ST. BERNARD’S COLLEGE OVALS
         HAMPTON ROAD, ESSENDON
         (ENTER GATE 8 AND DRIVE TO BOTTOM OF HILL)

COST :  $10 PER PERSON/PER SESSION

CONTACT :  CHRIS DAVIS
           0414 825 785
           chris@invigoratept.com.au

It’s all about having FUN, making FRIENDS and getting FIT all at the same time!

- CIRCUITS
- OBSTACLE COURSES
- FITNESS BASED GAMES
- BOXING TECHNIQUE AND DRILLS
- RUNNING TECHNIQUE AND DRILLS
- BASIC STRENGTH INTRODUCTION
- HAND-EYE COORDINATION
- AGILITY AND SPEED WORK
- POSTURAL AWARENESS

ALL SESSIONS MUST BE PRE-BOOKED SO CALL TODAY!!!