



Queen Eleanor's Church of England Junior School
*An Academy in the Good Shepherd Trust**
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Head of School: Jo Davies
Executive Head Teacher: Louise Johnson

24th September 2019

Dear Parents/Carers,

AQUATHLON WET TRAINING ON THURSDAY AT SCHOOL

Sharon Garner will be coming into school on Thursday to do wet running training with those children taking part in the Aquathlon on Friday. The purpose of this is to recreate how the children will feel after their swim and before their run,

This training does not require the use of the pool (as it is currently out of order) but the children will be wet with buckets of water.

Sharon has asked that you ensure your children have the following with them in school on Thursday:

- their swimsuit/trisuit/ lycra shorts (if children do not own a trisuit then they will wear lycra shorts under their swimsuit)
- swimming hat
- goggles
- small towel (hand towel)
- talcum powder
- trainers
- I would also recommend elastic laces (these are a good price at £3.99 https://www.amazon.co.uk/Dolphin-Kick-Laces-Reflective-Black/dp/B07DLGDHDR/ref=sr_1_1?keywords=elastic+laces+dolphin+kick&qid=1568741508&s=gate&sr=8-1)

Mrs Davies and Mrs Curtin will both be attending the event and will be at the venue to welcome the participants.

Kind Regards

The school office

www.queen-eleanors.surrey.sch.uk