



Faith Flyers Term 1 Program

Dear Families,

The 2023 Cross Country is not far away!!

To assist in preparing our students for the competitive season of cross country, the Faith Flyers program will commence in week 6.

For term 1 Faith Flyers will run as follows:

Junior Campus	Wednesday 7.15am-8.00am	Commencing on Wednesday 1 March 2023 5 Weeks Meet in SPAH Foyer
Secondary Campus	Monday 3.30pm-4.30pm	Commencing on Monday 27 February 2023 5 Weeks Meet at carpark bus stop

There is no cost for this program, and no registration is required, students can turn up for the sessions when they are available.

The Coaches that will be facilitating Faith Flyers for term 1 are:

Secondary Campus - Ben Luscombe

Ben is an experienced and passionate coach who has been the Head Coach at Starfish Tri-Athletic for over 20 years. He has helped to develop and mentor many State and National level athletes and is currently selected as one of the QLD State Triathlon Coaches. Along with Triathlon, Ben is also a Level 3 Athletics Coach, Development Swim Coach and Level 1 Strength and Conditioning Coach. He is enthusiastic, fun and loves to inspire people with a unique style of training.

Junior Campus - Sebastain Wingad

A former national youth champion, Sebastain Wingad is a full-time athlete and part of the Intervello Professional Team. He is a qualified development level coach who is currently studying at Griffith University on a sports scholarship. Seb is passionate about helping others achieve their goals and is committed to inspiring and motivating athletes of all levels.

We look forward to watching our students take part in this program.

Kind regards,

Nicole Hutchinson
Director of Culture and Sport