



## SPRINTING TO SUCCESS

**Our Year 5 and 6 students over the term have had the privilege of being coached by national sprinter Ruby Demasi.** Ruby's expertise has been a great addition to our PDHPE programs to help teach our young athletes and prepare them for next week's Primary Athletics Carnival.

Ruby's training focused on sprinting techniques, endurance, and maintaining a positive mindset.

Thanks to Ruby's guidance, our students are well-prepared to showcase their talents and achieve new personal bests. With around 50 days to go until the Olympics which one of our students will be there in representing Australia at Brisbane in 2032.



**Mr Kent Weir**  
*PDHPE Coordinator & Coaching Leader*

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