



RUN WEST

SCHOOLS PROGRAM

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The RunWest Schools Program is an initiative that looks to foster positive health, wellbeing and physical activity within primary, secondary and specialist schools, with a focus on the Western Sydney region. The initiative's focal point is NAB RunWest, whereby schools are encouraged to get as many students as possible physically active and participating in the NAB RunWest event on Sunday March 28, 2021.

The six-to-eight-week RunWest Schools Program is delivered in-school (either during or out-of-school hours) by Athletics Australia accredited coaches and all equipment and resources are provided by the RunWest Schools Program.

The RunWest Schools Program is FREE to participating NSW Government schools.* Participation in the program includes a free entry to NAB RunWest for every registered student participant.**

* Program availability is limited, so all schools cannot be guaranteed the program. Availability will be given on a first come first served basis.
** Each student who completes the RunWest Schools Program is provided with a voucher code to redeem a free NAB RunWest event registration at www.runthewest.com.au.

WHAT'S IN IT FOR STUDENTS

Students will engage in fun, group-based physical activity that builds mental and physical well being, fitness, confidence and competence. The program has an emphasis on increasing aerobic activity in a fun way. Each session comprises active warm up, drills, a fun game, speed and strength activity, active game and cool down. Each session also has a home based activity session that can be provided to students to encourage additional activity at home outside of the weekly program.



NAB RUNWEST IS ALL ABOUT FUN!

Grab your family and friends for Western Sydney's biggest community event - NAB RunWest. The 4km Family Fun Run and Walk starts at Blacktown International Sports Park. For something a little longer, take up the challenge of the NAB RunWest 12km event starting at Sydney Motorsport Park. Both events finish at West HQ with the incredible finish line festival on Sunday March 28, 2021.

www.runthewest.com.au



HOW TO PARTICIPATE IN NAB RUNWEST!

STEP 1

WE CAN HAVE
LOTS OF FUN!

Jump to the front of the crowd and be stage-front for the pre-run entertainment with celebrities and entertainers. Don't forget to participate in the fun NAB warm up with prizes and giveaways on the NAB warm-up stage. Once you're warmed up try your luck at the activations from Western Sydney's premier sports teams and event sponsors such as NAB, WSFM, Seven Network and more just near the start line.

STEP 2

THERE'S SO MUCH
WE CAN DO!

The start hooter sounds and you're heading out on course where you can run or walk at your own pace to enjoy the on-course cultural activations and entertainment. You can post your fun pictures to the 'gram (@runwestofficial) along with thousands of your fellow participants.

STEP 3

IT'S A PARTY,
YOU'LL SEE!

And then there's the finish line and the bling! The finish line is right outside West HQ and you'll receive your awesome NAB RunWest finisher's medal before making your way into the NAB RunWest finish line festival at West HQ. There's awesome food, hours of live entertainment on the main stage, heaps of fantastic activations from our partners, appearances from celebrities and sports stars, competitions, giveaways and more!



TEACHERS NEED TO KNOW



LIABILITY

The school is not liable for any incident involving a student at the NAB RunWest event.

ON THE DAY PRESENCE

The school is not required to attend, supervise or transport students to and from NAB RunWest. Parent / Caregivers registering themselves or a child (17 years and under) do so acknowledging they are responsible for their movements, logistics and actions on the day.

DISTANCES

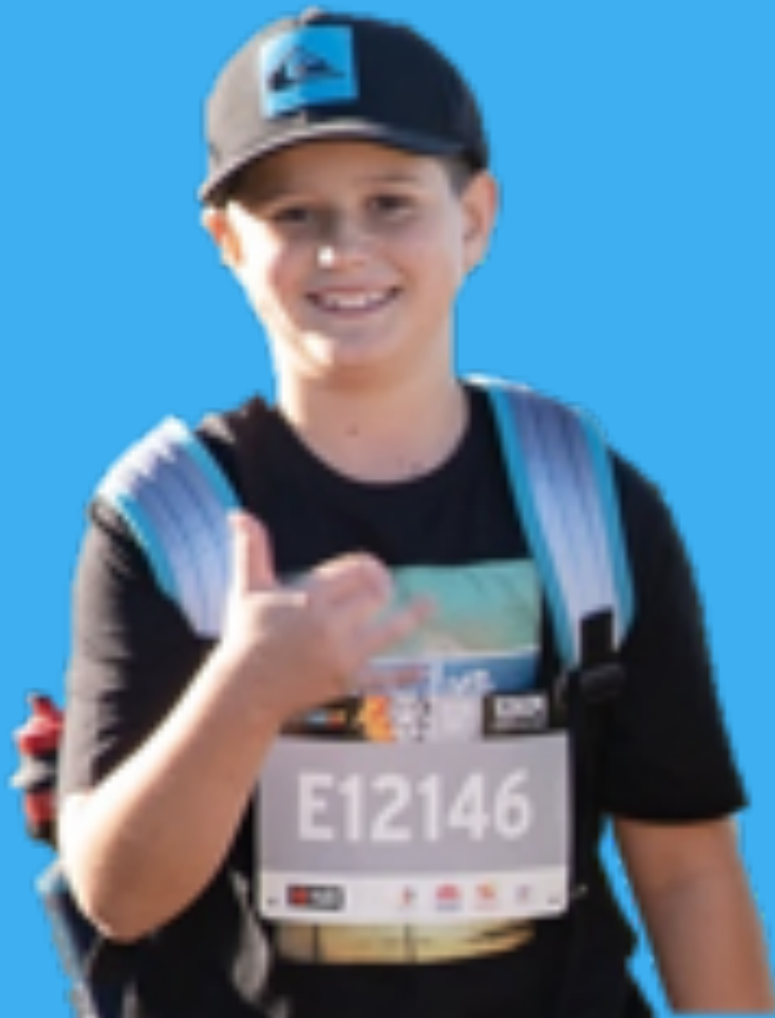
The RunWest Schools Program participation is available for both distances; 4km and 12km. It is required however that children (12 years and under) participating are accompanied by a parent or guardian.

PROGRAM DELIVERY

The program is fully delivered by accredited Athletics Australia coaches. All resources and program specific equipment are provided by the RunWest Schools Program. The program can be delivered in-school hours or before or after school hours on school premises.

HOW DOES YOUR SCHOOL GET INVOLVED?

To make a booking or enquiry please email the RunWest Schools Program team at schools@runthewest.com.au.





WWW.RUNTHEWEST.COM.AU