



New Town Secondary School Cross Country

10 May 2024
Assembly Briefing



NEW TOWN SECONDARY SCHOOL

Objectives

- **Foster** a strong school spirit and bonding amongst students and staff.
- **Promote** active healthy lifestyle that improves the well-being and health of members of the NTSS family as everyone exercise together.
- **Inculcate** the school values such as integrity, resilience, care and concern and self-discipline as students prepare for the run and complete the race.

Details

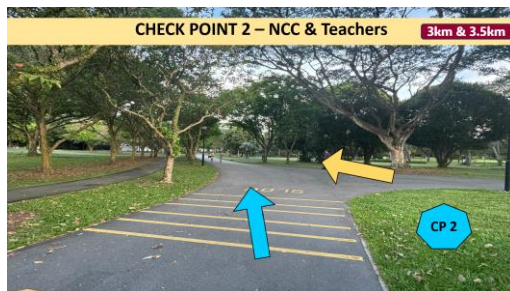
- Date: T2W8, 10 May 2024 (Friday)
- Time: 7.45am – 12.00pm
- Venue: West Coast Park
- Attire : PE attire + sports shoes
 - **ONLY for this event, Girls are allowed to report directly in PE attire (NTSS PE T-Shirt & Shorts), without school skirt**

Time	Programme
7.45am	Assembly at West Coast Park Grand Lawn
7.50am	Attendance-Taking by Form Teachers
8.00am	Welcome Address Mass Warm up
8.15am	[Competitive run] Wave 1: Sec 4/5 Girls + Sec 4/5 Boys
8.30am	[Competitive run] Wave 2: Sec 1 Boys + Sec 1 Girls
8.45am	[Competitive run] Wave 3: Parents / Teachers
9.00am	[Competitive run] Wave 4: Sec 3 Girls + Sec 3 Boys
9.15am	[Competitive run] Wave 5: Sec 2 Boys + Sec 2 Girls
9.30am	[Mass run/walk] Upper Secondary
9.45am	[Mass run/walk] Lower Secondary
10.00am	All competitive runs complete
10.15am	Mass run/walk completes
10.30am	Prize Presentation
11.05am	Debrief and Closing
11.15am – 12.00pm	End of event Cleaning up



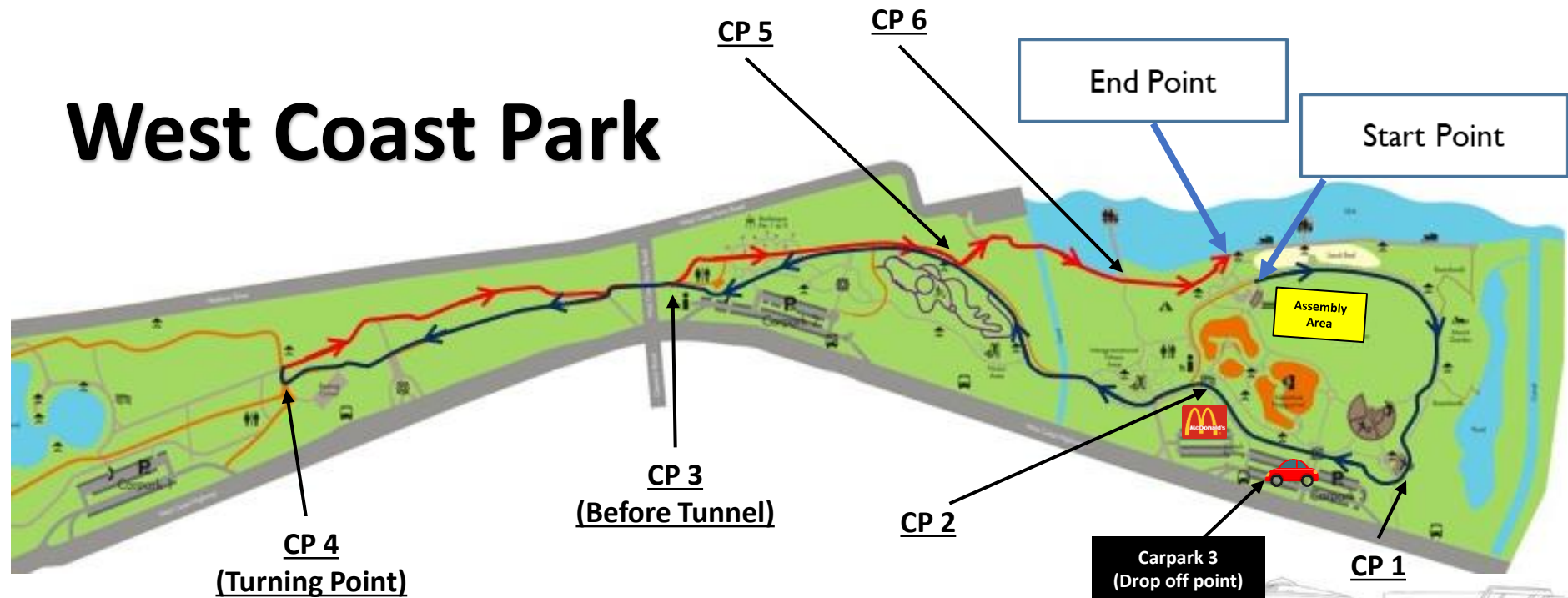
Event Information

- Parents Gateway Letter to Parents dated **24 April 2024** has been sent.
- Information available on the **School's website**:
 - 1. Directional & Route Maps** to Grand Lawn and of running routes
 - 2. Students' Briefing PowerPoint slides**



Competitive Route – 3.5km (Upper Sec Boys only)

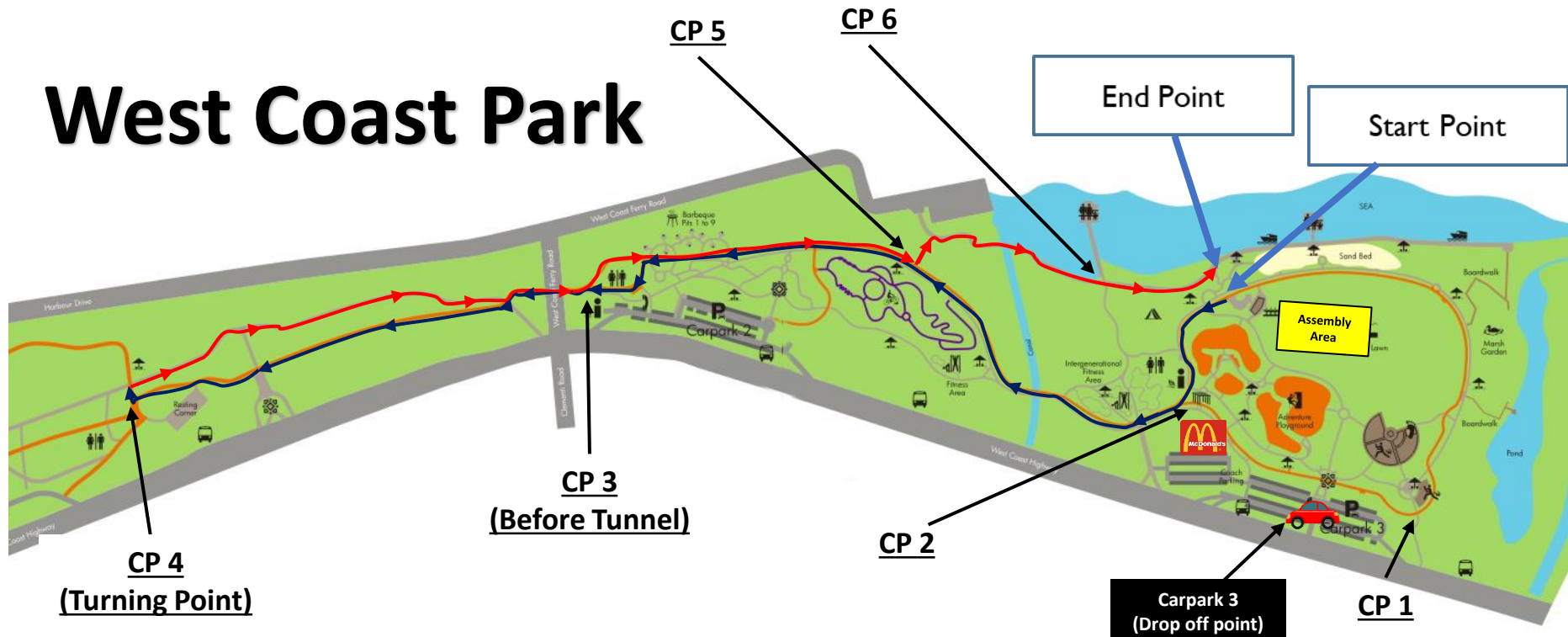
West Coast Park



NEW TOWN SECONDARY SCHOOL

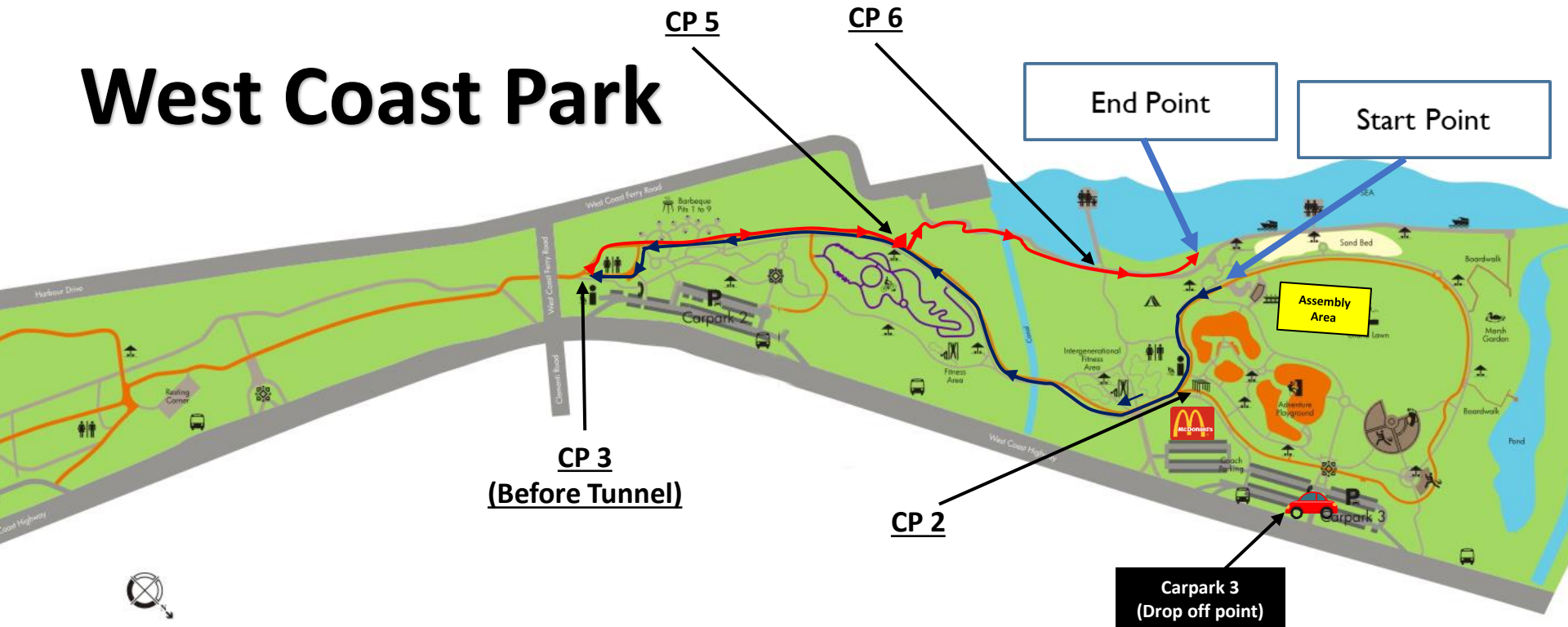
Competitive Route – 3km (Sec 1, 2, Upper Sec Girls, Staff, Parents)

West Coast Park



Mass Run / Walk Route – 2km

West Coast Park



**Carpark 3
(Drop off point)**

Attendance Is **COMPULSORY**



Be punctual and report to WCP
Grand Lawn by **7.45am** for
attendance-taking.

Absentees

- **Unwell or injured students to seek medical attention.**
- **Submit MC to Form teacher immediately the following Monday, 13 May 2024.**



Students who are unable to run

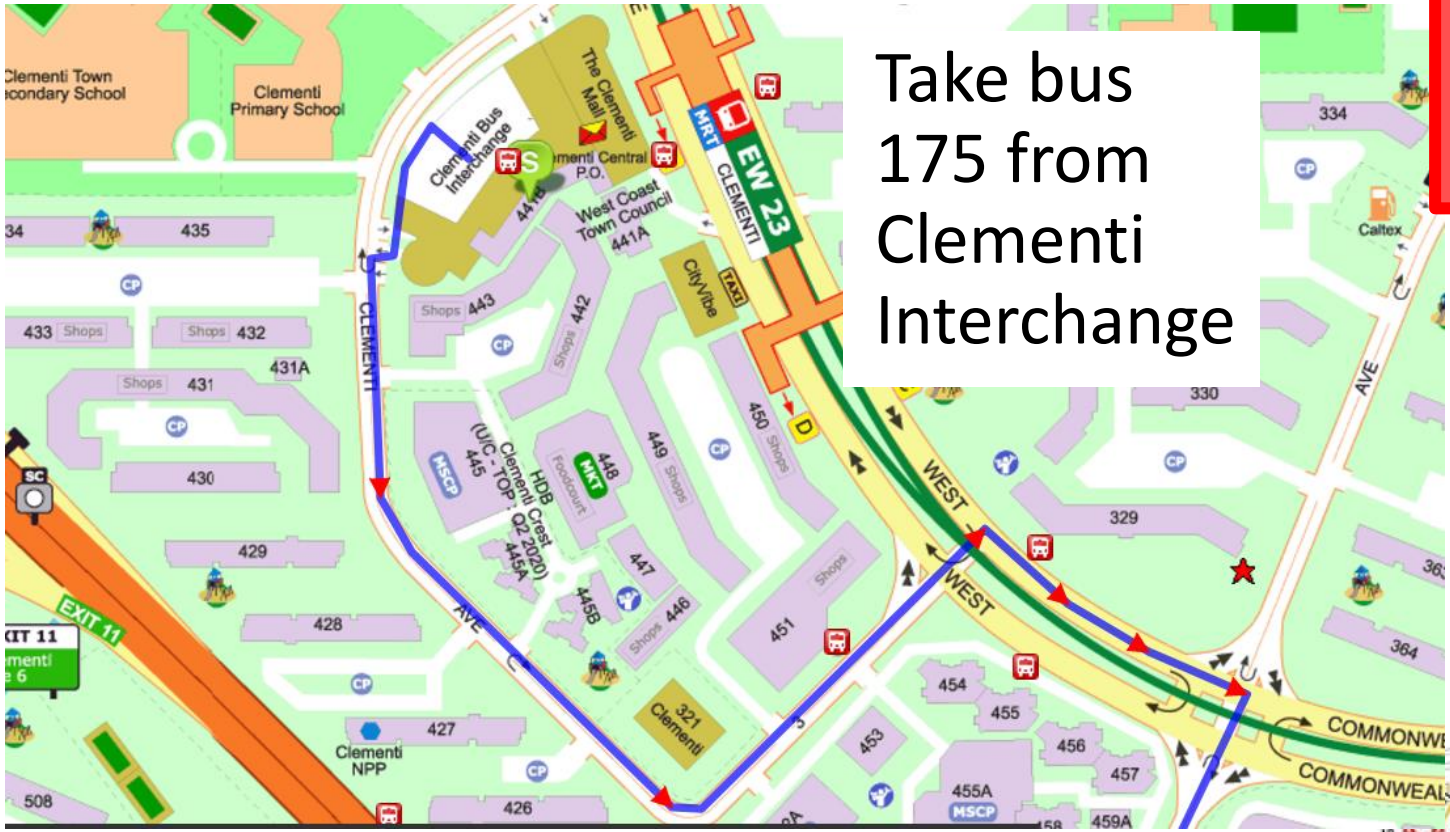
- **Students excused from the run due to medical reasons or injury, must still attend the event. You can assist your teachers with light duties and support your friends who are running.**
- **If you are a runner and do not feel well on the day of event, inform your Form or PE Teacher immediately when you report at Grand Lawn.**



Getting to West Coast Park (By Public Transport)

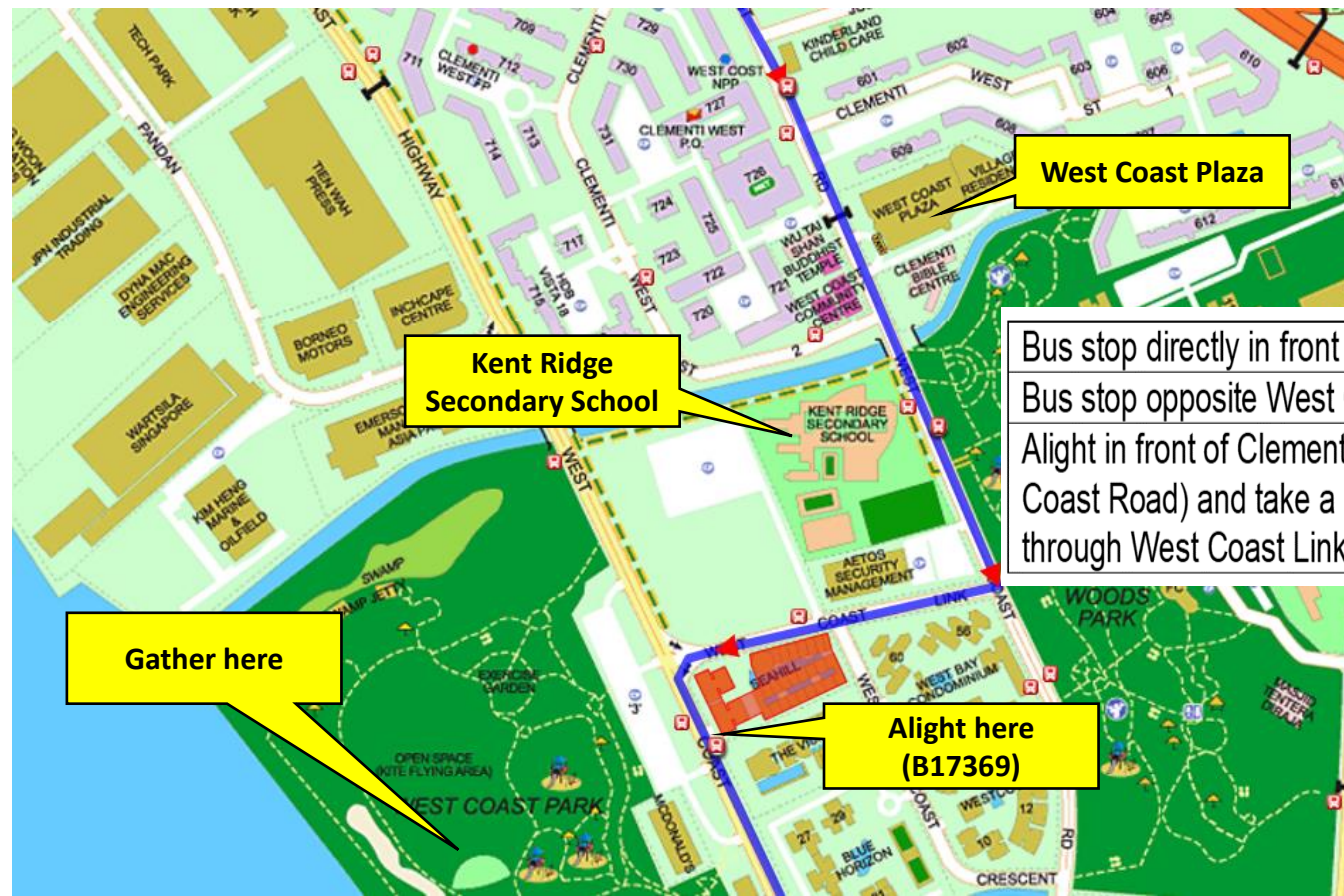
No Bus transport will be provided by school to West Coast Park

Take bus 175 from Clementi Interchange

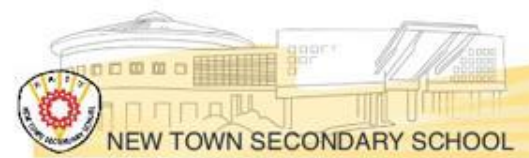


Getting to West Coast Park (By Public Transport)

No Bus transport will be provided by school to West Coast Park



Bus stop directly in front of West Coast Park	Bus 176
Bus stop opposite West Coast Park	Bus 175,176
Alight in front of Clementi Woods park (West Coast Road) and take a 5-10 minutes walk through West Coast Link to West Coast Park	Bus 30,51, 143



Getting to West Coast Park (By Car)

VIA CLEMENTI ROAD



**TURN RIGHT TO WEST
COAST HIGHWAY**



**2 ENTRANCES VIA CAR
PARK 3**

Safety in Road Crossing at WCP

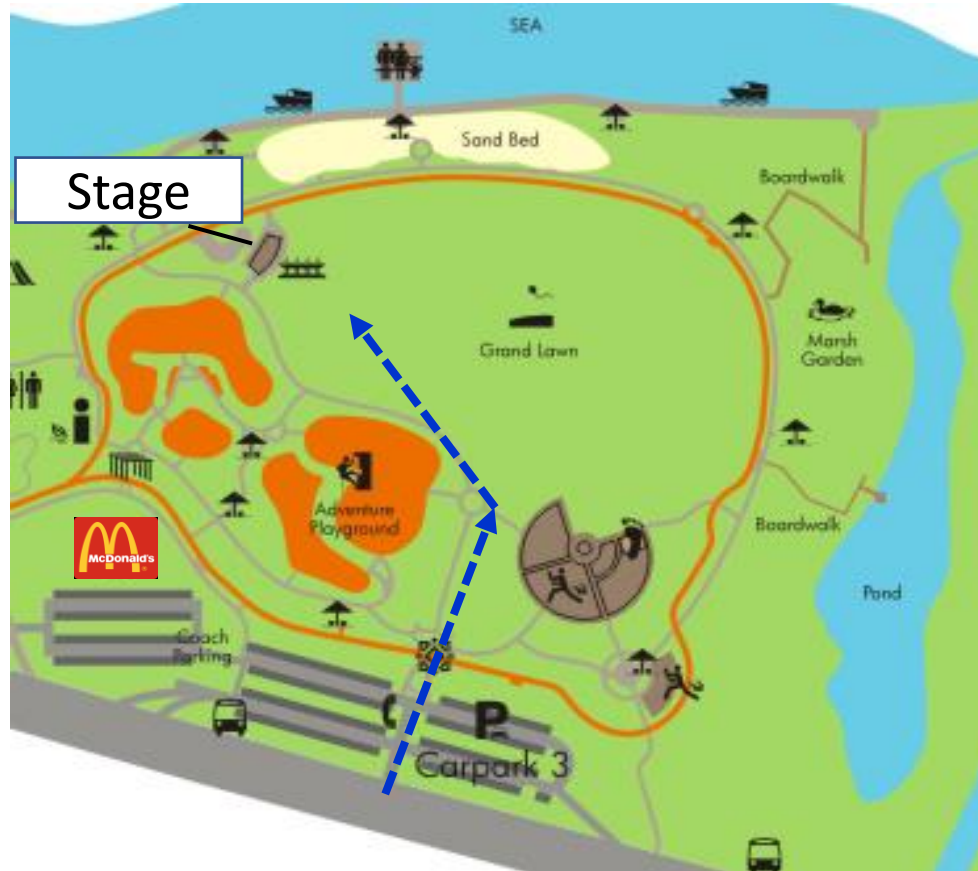


- Set off from home early to avoid crowds and traffic jam.
- Use the pedestrian pathway.
- Cross the roads at the proper traffic junctions and use the designated traffic light crossings.
- **Observe traffic rules** and cross the roads when the traffic lights are in your favour.
- Traffic conditions at WCP is usually bad with many heavy vehicles!
- **Do not** endanger your own life and lives of others by using your phones or dashing across the road.
- **Disciplinary actions** will be taken against those who do not observe traffic rules.



**NEW TOWN SECONDARY SCHOOL
CROSS COUNTRY
WEST COAST PARK (WCP)**

Directions to Assembly Area





Layout of Assembly Area

Out of Bounds Areas



- McDonald's
- Playground
- Zip line
- Sand pit
- Shoreline



Things to Bring

- Bring:
 - **water bottle** or snacks e.g. energy bars.
 - **personal medication** e.g. **inhaler is important.**
 - umbrella or poncho.
- Have a **good breakfast** on the morning of the event!
- **Do not** bring too much money and keep your valuables safe.
- Refreshment provided:
 - Packed biscuits for all.
 - Bottled water **ONLY** for runners.
 - Water & biscuits for students on duty.



Parent Support Group

- Parent helpers supporting the event
- Parents taking part in competitive run and/or mass run
- Activity Booth



Be respectful,
Be appreciative,
Be a good sport!



What happens if it Rains?



- Take shelter wherever you are.
- Make your way to West Coast Park Grand Lawn once the rain stops to report attendance.
- Listen to announcements. Dismissal will be from WCP Grand Lawn.
- If event is cancelled, Home-Based Learning will be activated.
- Ensure you are aware of your class relay/communication system and disseminate information accordingly.

Instructions to Runners



What is the distance of the run?

- **3.5, 3 or 2 KM, with 6 Checkpoints.**

Who is running?

- Competitive run: Voluntary or recommended by teachers
- Mass run/walk: All (unless excused due to medical reasons/injury or are student helpers)
- * Familiarise yourself with the route using directional maps!
- * Keep to the designated path. There will be sign postings and road marshals on duty to guide you.





NEW TOWN SECONDARY SCHOOL
CROSS COUNTRY
WEST COAST PARK (WCP)

Instructions to Runners



- **Have at least 8 hours of sleep.**
- **Have a good breakfast at least 1 hour before event.**
- **Proper attire and footwear.**
- **Personal medication e.g. inhaler is important.**
- **Warm-up and stretch before the run.**
- **Stay hydrated at all times.**
- **Do not take part or STOP if you are unwell.**
- **Be physically & mentally prepared!**

Instructions to Runners



- **Do not** miss your assigned wave.
- Strictly **no** pushing and over-taking on narrow paths/ drains.
- **No** handphones or audio devices allowed during the run. Water bottle is allowed.
- **Cross** the finishing banner.
- **Stay clear** of finishing area.



Prizes



Individual	1st – 20th of each level & gender e.g. Sec 4&5 Girls	Medals & Finisher Momento
Inter-Class	Contribute to tabulation of Class Award	End of term prizes



- **Late-comers will not be eligible for any award tabulation.**
- **Top 20 runners must have their Finishing position tags in exchange for the medal.**



Final Instructions for All Students

- Be **punctual**.
- Have **self-discipline**.
- Be **good ambassadors of the school & considerate users** of the park.
- **Listen** to the announcements and **follow** instructions.
- Take note of **out of bounds area** for your own safety.
- Encourage the heart.
- Look after each others' belongings.
- **Leave the park after the event** and observe traffic rules.



New Town Secondary School Cross Country 2024

Date : 10 May 2024 (Friday)
Time : 8.00 am – 12.00 pm
Venue : West Coast Park
Attire : **NTSS PE** T-Shirt & Shorts,
& Shoe/Sports shoes

See You There !

